



# The GO



*A Quarterly Catalog of Programs & Resources for Adults 55+ in Longmont*

## Registration:

Registration for classes, special events, computers & technology, sports, and events begins on **Monday, May 11**. **PLEASE REGISTER IN ADVANCE FOR ALL CLASSES, PROGRAMS AND SPECIAL EVENTS.**

## Trip Registration:

Trip Registration begins with lottery style on **May 15 from 3:00 - 5:00 p.m.**

You may also register after this date at our front desk or over the phone.

*The Fall 2015 GO will be available by August 10, 2015.*

## Get Acquainted

**Date:** Thursday, June 4 and August 6

**Time:** 9:00 a.m.

**Cost:** FREE, please register in advance by calling 303-651-8411

Get acquainted with others who are new to the Senior Center, new to the area, or interested in making some new connections with others. Join us to learn about various opportunities and resources. Facilitated by Senior Services staff members.

**Closures:** The entire building will be closed for maintenance June 19th through July 4th



Senior Center has 4 regular billiard and 2 snooker tables available for play, Monday – Friday, 8am – 5pm and Thursdays 7pm -9pm. Women especially welcome on Wednesday and Friday mornings.

*Written and published by the Division of Senior Services, City of Longmont.*

910 Longs Peak Avenue, Longmont, CO 80501

Phone: 303-651-8411 | Fax: 303-651-8413 | [www.LongmontColorado.gov/senior-services](http://www.LongmontColorado.gov/senior-services)

Regular Operating Hours: 8:00 a.m. – 5:00 p.m., Monday – Friday

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**Get the GO Electronically –**

If you want an electronic copy emailed to you, be sure and sign up at the front desk with your email address!

*Senior Services is a Division of the City's Community Services Department*

**LONGMONT  
SENIOR SERVICES**  
A Division of Community Services

*Our Mission*

To build and foster opportunities which promote dignity, wellness, independence, enjoyment, community, and a sense of purpose for older adults.

*Our Vision Statement*

Longmont - a community in which we all age well.

*2015 Senior Citizens Advisory Board*

Jack Belchinsky, Wilma Cocannouer, Maureen Denig, Sue Heinritz, Juana Mendoza, Daryl Nielsen, Sean O'Halloran, and Emily Sciortino have been appointed for 2015. Polly Christensen is our City Council Liaison

This City Council-appointed board meets the first Wednesday of each month from 10:00 a.m. to noon at the Longmont Senior Center. Guests are always welcome. For information, call Michele at 303-651-8415.

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## Scholarship Programs – General Activity and Exercise

The Friends of the Longmont Senior Center, Inc., have set aside funds to assist seniors in participating in various activities organized by Senior Services. As long as funds are available, an individual may use up to \$150 a year towards Senior Services activities of his or her choice and up to \$150 per calendar year, specifically to assist low income older persons in participating in Senior Center exercise/wellness programs. Exercise/wellness activities may include: Aerobic Fitness, Feldenkrais®, Line Dance, Pilates, Wu Tai Chi, Tai Chi, and Yoga. Cancellations are not refunded back to the person's scholarship account. Persons with a total annual income (from all sources) of \$20,000 or less for a single person and \$30,000 or less for a couple can qualify for scholarships. Call the front office at 303-651-8411 to apply.



## Gift Certificates

Gift certificates are available at the Senior Center. What a great way to show someone you are thinking of them! Tell your family about these as a gift suggestion. They are available in any amount and can be used for your choice of Senior Services organized classes, trips, or special events. Call Saryna at 303-651-8442.

## Service Dogs

Service animals are defined as dogs that are individually trained to do work or perform tasks for people with disabilities. Only dogs are recognized as service animals. Per Senior Center policy, only service dogs are allowed in the building.



**AgeWell at the Longmont Senior Center**  
is your "go to" resource on how to stay  
healthy. Stop by or call for information  
about Wellness and Health services.

See pages 26-28 for details.

Office Hours:

Monday 9:00 a.m. – Noon and  
Tuesdays – Thursdays 9:00 a.m. to noon  
and 1:00 – 4:00 p.m.

Closed: Fridays

Telephone: 303-651-5080  
[www.luhcares.org](http://www.luhcares.org)



*Invites You to Lunch!*

**Monday - Friday, 11:30 a.m. - noon**

**Great meals are available weekdays  
at the Senior Center.**

Longmont Meals on Wheels prepares nutritious  
meals served in our Park View Café.

Call 303-772-0540  
for information on menus and meal costs.  
[www.longmontmeals.org](http://www.longmontmeals.org)





## From the Friends

**PO Box 313, Longmont, CO 80502 | [www.friendslongmont.org](http://www.friendslongmont.org)**

President, Randy Ahlberg; Vice President, Chuck Beehler; Treasurer, Nancy Beaudrot;  
Co-treasurer, Chris Caron; Secretary, Debbie Setlock; Ron Cheyney, Diana Darby, Ed Evans,  
Roy Hunter, Sandi McCann, Euvaldo Valdez and Ruth Waukau.

*The Friends of the Longmont Senior Center, Inc. is a 501©3 non-profit organization registered with the State of Colorado.  
The Board meets the fourth Tuesday from 3 p.m. – 4:30 p.m. at the Senior Center.*

*After 8 years as the counselor at the Senior Center and my retirement, I find myself transitioning from an employee of Senior Services to a volunteer and a customer. I became a member of the Friends of the Longmont Senior Center, Inc. board at the end of last year. It hasn't been easy to leave the job I loved better than any other in my career, however, it is easy to become a customer of such a great place.*

*Our Longmont Senior Center has to be the best place for all older adults. There are great programs for fun; like cards, classes, concerts and special events and dances. There are great activities for mind and body and spirit; exercise, yoga, meditation, softball, volleyball and hiking to name just a few. And then there are great cultural programs about history and science, art; both to learn about and in which to participate. And now with the very successful extended travel programs, participants can enjoy things near and far. AND, best of all for me, now I get to participate in them all.*

*The Senior Center is also "home" to a wide range of supportive services to address the needs of all older persons. I'd like to tell you a bit about the responsibilities of the counselor, Brandy Queen. She is a licensed professional counselor who provides brief counseling to individuals, caregivers, and couples. She facilitates groups to support caregivers and those who have experienced loss. Brandy also develops programs that address issues of health and wellness and mental health, as well as financial education. Brandy trains and supervises a Peer Counseling Program which has 21 counselors supporting people who are struggling with challenges related to issues like depression, anxiety, moving, medical/physical changes, and loss. They meet with people individually and facilitate support groups, grief recovery and other groups.*

*The Friends of the Longmont Senior Center Inc. provide supplemental financial support to all of these programs. And this strengthens what we offer at the Longmont Senior Center and to Longmont's older adults. Thank you to all who have and continue to support the Friends and these wonderful programs and services.*

**Ruth Waukau**

## Donations to the Friends:

*Thank you to all our donors for their generous giving and support of the Senior Center.*



LoAnn Ross & Kendall Bakich	Loren Lofquist	Susan Maronek
Susan McCann	Frank & Jo Anne Bogart	Kristine & John Wright
Linda Vahrenkamp	Louise & Carl Korfmacher	Cocannouer Family
Margaret Kersbergen	Joyce Wharton	John & Lorena Kelly
Marie Simmons	Toshiye Estes	Longmont Senior Quilters
Katherin Franklin	Jerry & Rita Kiefer	Carol Janda
Joseph & Donna O'Connell	David & Julie Heim	Pam Branham
Jeff & Pam Gauthier	Marlan D Nelson Trust	Leonard & Lois Westcott
E & NS Koller	H & MJ Axelrod	Edna Watson
T & D Tinnes	Donald & Marie Prose	Kathleen McGannon
Todd & Gretchen Sliker	Stephen & Diana Wood	Mary Headley
Sylvia Shaw	Steven & Willis Ann Corcoran	Rachel Luna - Victoria
Louise Clark	Andrew & Virginia Gryniewski	Raymond & Martha Allison
Kelly Burns	Billie Best	Janet Hard Trust
Laurie Stephenson	Charles Hastings	Delbert & Vivian Temple
Janet Landato	Francine Simpson	Saryna Mitchell
Burton E. Pierce	Joan Chernob	Jennings & Beverly Keele
Euvaldo & Helen Valdez	Mary Headley	Rex & Sue Fuller
Deb & Tim Kitt		

## ***In Memory of***

Dave Costello  
Joyce Hamilton  
Ruth Almquist  
Robert E. Smith

## ***In Honor of***

Senior Computer Tech  
Volunteers

## A Grand Thank You

- to our **Extended Travel Partner, Gold Key Travel**, and especially Karen Wood;
- to the sponsors of the weekly **Lunch Bunch**: Atria Senior Living for meals and meeting space; Home Care of the Rockies, Home Well Senior Care, and Boulder County CareConnect for providing facilitation.
- to Atria Senior Living and Sterling House for providing meals for our monthly **Caregiver Support Groups**; a special thanks to Meals On Wheels for their support in March.
- to our **Thursday Night Dance** sponsors: Life Care Center, Rawlins Bank, The Regent, Atria Longmont and Peaks Care Center;
- to **Front Range Community College** for ongoing support of the Computer and Technology learning program;
- to **The Sunshine Club of Longmont** for their initiation and financial support of the The Sunshine Senior Smiles Program offered in cooperation with the Friends of the Senior Center.
- to **Etirsa Gomez** and **Mental Health Partners** for providing support groups for women.

**Hearing Assistance Devices are available!**

Easy to use and non-intrusive devices, that may enhance your participation, are available for various programs and classes. Please inquire or request at the front desk prior to the activity.

**Activity Registration**

**Advanced Registration** - Activities, classes, trips, and events **require registration in advance**. You may register by stopping by the front desk or calling 303-651-8411, Monday through Friday, or you may sign up for most activities online at [www.longmontcolorado.gov](http://www.longmontcolorado.gov)

**Receipts** - Receipts contain additional information pertinent to your activity. Please review and retain for reference.

**Payment and Fees** - Full payment is required at the time of registration. Prices and fees are listed in The GO for each activity. The first price is for City residents (those receiving City trash pickup); the second price is for non-City residents.

**Registration Kick-off Dates** - Each quarter, specific registration kickoff dates are set.

**Trip Registration** - Registration for trips is handled in a lottery format for initial signup. Following that date, you may register at the front desk or over the phone, 303-651-8411. See the Trips section for more information about Trip Policies.

**Special Needs:**

- We will do our best to accommodate your special needs. Please keep us informed as to how we might assist you. Please be specific with your need and write it on your registration form at the time you register for each activity or trip for which you will need accommodation.
- Hearing devices are available for activities. Inquire at the front desk.
- If you use a wheelchair or scooter on a trip, advance notice is necessary for us to better serve you. Please contact Saryna at 303-651-8442.
- No staff, leader, or escort supervision of individuals is provided. Companions may participate at customer's expense. See Saryna or Michele for more information.

**Registration Dates:**

**Classes & Special Events begin Monday, May 11.**

*PLEASE REGISTER IN ADVANCE FOR ALL CLASSES, PROGRAMS AND EVENTS. If there is an activity number, registration is required.*

**Trip registration begins May 15, 3:00 – 5:00 p.m.**

and is managed in a lottery style. You must be present to register. If you miss the lottery, you may register in person or by phone 303-651-8411, Monday through Friday at the Senior Center.

**Cancellations:**

- The City reserves the right to cancel an activity if the minimum number of participants has not registered. Participants will be notified immediately.
- A full refund/credit will be given if Senior Services cancels the activity.
- A full refund/credit will be given if the cancellation is received three (3) or more business days prior to the activity (does not pertain to trip deadlines - they are listed with each trip).
- Cancellations made one (1) or two (2) days prior to the activity may or may not be eligible for a refund/credit. This is determined on a case-by-case basis.
- A refund/credit will not be issued if the cancellation is received the day the activity begins or after it has started. Trips are an exception and have a different policy.
- If an individual cancels an activity that was paid for by a scholarship, those funds will be forfeited.
- A credit must be used within 12 months of the issue date or it will expire.

**General Participation Information**

- **Membership** - There is no membership fee to participate in activities or receive services from the Division of Senior Services.
- **Registration** - You may register for programs by stopping by the front desk or calling 303-651-8411, Monday through Friday. **PLEASE REGISTER IN ADVANCE FOR ALL PROGRAMS**
- **Online Registration** - You can register for many classes and special events online at: [www.longmontcolorado.gov](http://www.longmontcolorado.gov)
- **Age Requirements** - Adults 55+ are first priority, however, adults under 55 may participate in certain activities, if space is available. Contact Saryna 303-651-8442 or Michele 303-651-8415 to find out more.
- **Right to Privacy** - Information regarding participants shall not be provided to, or shared with, other individuals.
- **Supervision** - There is no staff, leader or escort supervision of individuals provided. Activities are geared toward independent adults who are able to manage their own care, decision making, and safety.

# Drop-In Programs, Groups & Clubs



## Bailes de Mi Tierra

Dancers are wanted to join this Latino outreach activity though you do not need to be Latino to participate. The dancers practice and perform various dances and songs from Central and South America. If you are interested or want more information, call Julie Burrows at 303-772-0410.

## Billiards

50¢ donation suggested for play

### Monday through Friday

8:00 a.m. - 4:45 p.m.

### Wednesdays and Fridays

8:00 a.m. - 4:45 p.m. and from 9:00 a.m. to Noon  
*Women especially welcomed!*

**Thursday evenings:** 6:00 - 9:00 p.m.

## Bowling – for Seniors

### Tuesdays & Wednesdays at Centennial Lanes.

Practice begins at 12:45 p.m. and games begin at 1:00 p.m. The cost is \$9.00 for 3 games. This is come-as-you-can play. This is sponsored solely by Centennial Lanes.

## Bridge (Open)

### Mondays, 12:30 - 4:00 p.m.

Partners are not necessary. Individuals are rotated into games. New players are welcome. Call Dick or Dolores Gormley at 303-776-8203 for more information.

## City of Longmont Retirees

A group of retired City of Longmont employees meet regularly. Call Gussie Sowa at 303-776-2578 for meeting time and location.



## Coffee in the Café Monday - Friday Mornings

Coffee may be purchased through Meals on Wheels each day for 50¢ a bottomless cup.



## Cards

### Mondays, 12:30 - 4:00 p.m.

Leader: Marie. Mainly play Hand and Foot Canasta. Beginners and newcomers welcome.

### Wednesdays, 12:30 - 4:00 p.m.

Generally for established groups.

### Thursdays, 12:30 - 4:00 p.m.

Drop-In Cards. *Newcomers welcome.*

### Last Saturday of the Month, Noon - 4:00 p.m.

Saturday Potluck and Games. *Newcomers welcome.*

## Computers

Two Public Access computers are available in the computer room off the atrium. Printing of the first five pages is free, then 10¢ per page after that. Use is time limited to 60 minutes. There is also free internet.

## Computer Club

### 2nd Monday of the month, 9:30 - 11:30 a.m.

The Computer Club is a forum for the exchange of information and knowledge relating to technology, personal computers, and smart devices. The club consists of the entire spectrum of users, from those who are completely new to those with substantial professional expertise. We learn from one another in a congenial setting. There are no dues and no tests! Come have fun, and learn to use your computer more effectively. Bring your questions to the meetings, and we will try to answer them.





## Drop-In Programs, Groups & Clubs

### Creative Stitches

#### Drop in Handwork Group

**Fridays, 1:00 – 4:00 p.m.**

Bring your own quilting (or other small handwork) and enjoy conversation and help with your project. Small donation for snacks and supplies.

### Current Events

**Tuesdays, 10:15 - 11:30 a.m.**

For years, older adults have been meeting for an hour or more to review local, national, and international events which affect them. They share their views and analyses arrived at from wide reading and often personal and professional experiences. Many meet a bit earlier to share coffee and conversation. Moderated by Tom McCoy.

### Dances Thursday evenings, 7:00 - 10:00 p.m.

Dances are held at the Longmont Senior Center. Both singles and couples enjoy the fun. Price is \$4.00 per person. (Genre: BR - Ballroom, P - Polka, CW - Country Western, W - Waltz, L - Latin, S - Swing, BB - Big Band, LD - Line dance, most can play most requests)

**June 4 Terry Norona** BR, CW, S

**June 11 50's Dance - Darrell Sullivan**

BR, CW, 50s, L, W, LD, S

**June 18 Ray Cox** BR, S, W, LD

**June 25 Closed for maintenance**

**July 2 Closed for maintenance**

**July 9 Closed for maintenance**

**July 16 Harris and Harris** CW, BR, S, W, LD

**July 23 Ray Cox** BR, S, W, LD

**July 30 Darrell Sullivan** BR, CW, 50s, L, W, LD, S

**August 6 Hawaiian Dance - Tom Yook**

BR, BB, L, S, W

**August 13 Terry Norona** BR, CW, S

**August 20 Jim Ehrlich** BR, P, S, W

**August 27 Ray Cox** BR, S, W, LD

### Dulcimer Group - Singin' Strings

**2nd & 4th Thursdays, 2:00 – 3:30 p.m.**

The mountain dulcimer, also known as the lap or Appalachian dulcimer, is an intriguing instrument developed in America. It is an increasingly popular musical instrument known for its sweet lilting qualities. "Singin' Strings" is a group of dulcimer players meeting at the Senior Center to work on their skills and share music. All levels of dulcimer players are welcome to join in. Call Nancy Beaudrot at 303-772-2094 for more information.

Cost: 50¢ per session.

### "Eyes on Longmont"

#### TV Production Club

**Mondays, 9:00 - 11:00 a.m.**



We are a volunteer group that has fun producing in-depth documentaries for Channel 8 local Public Access TV to educate, entertain, and inform residents of the Boulder County area. Join us and learn every aspect of video production in a supportive atmosphere. Barbara Hau is the contact person for the group. [bhau1379@gmail.com](mailto:bhau1379@gmail.com) or 303-775-3021. Visit [www.longmontchannel.com](http://www.longmontchannel.com) for information about Ch. 8. See page 18 for dates when we are showing their productions.

### Friday Citizens' Open Forum

**Fridays, 1:30 - 4:00 p.m.**

The focus for this group has broadened from the original one regarding the 2008 "great recession". The addition of "citizens" encourages a link of this study to positive participation in the community. Topics are suggested and chosen by vote a week early. Topic leaders get up to 20 minutes to kick off discussion. Other attendees typically get two 5 minute slots to air their views, hold the floor, and direct the discussion. Curious newcomers are welcome and need not participate at their first meeting. Expect lively discussion and good humor. Rick Fitzgerald, host.

### Pay your Boulder County Property Tax at the Longmont Senior Center

Boulder County Treasurer representatives will be here on June 10, 11, 12, and 15 from 10 a.m. to 3 p.m. each of these days.



# Drop-In Programs, Groups & Clubs



## Friends of the Longmont Senior Center, Inc.

**4th Tuesday, 3:00 - 4:30 p.m.**

This non-profit board seeks to enhance the services and programs of the Longmont Senior Center through fundraising activities. See page 2.

## Grandparents Raising Grandkids

**1st Monday, 6:00 - 7:30 p.m.**

**(2nd Mon. if 1st Mon. is a holiday)**

Share and learn from others who are involved in raising their grandchildren. Childcare provided.

Please RSVP to

Rebecca Trego with The Kinship Program at 303-441-1106 if you plan to attend.



## Harmonica Band

**Fridays, 10:00 - 11:30 a.m.**

We play together learning a variety of music selected by the group. Some Fridays we perform at the senior residences and other community organizations. We welcome all skill levels. Knowledge of reading music is helpful, but not required. Call Nancy Beaudrot at 303-772-2094 for further information.

## Knit and Purl

**Wednesdays, 9:00 - 11:00 a.m.**

This group is continuing under the expert guidance of Becky Williamson. Folks can knit their own projects or, if you'd like, knit for local charities in the area. Yarn and needles are available for the charity knitting. Donations of needles and yarn are always appreciated. This group welcomes all levels of knitters.

## Library (Senior Center)

Books are available for checkout every day. Please return them within three weeks. Limit 5 books per checkout.

## Longmont Kiwanis Club

**Fridays, 9:25 - 10:25 a.m.**

New members are always welcome. Call Marv Van Peurse 303-774-0734 for information.



## Mah Jongg

**Fridays, 1:00 - 4:00 p.m.**

Mah Jongg- experienced players. Join this lively group if you already know how to play the game and are looking for others with whom to play.

## NARFE

**2nd Friday, noon - 2:00 p.m.**

The National Association of Retired Federal Employees meets regularly for a potluck lunch and program. Call Jerry Seguin at 303-651-0917.



## Quilting (By Hand)

**Thursdays, 1:00 - 4:00 p.m.**

Old-fashioned quilting for others who pay to bring in their own quilt tops to be quilted by the Thursday Hand Quilters. Funds raised are donated to the Friends of the Senior Center. Hand-quilting experience is required and NO instruction is provided. Newcomers please call Doni at 303-651-3213 before dropping in and for more information. Small donation for snacks and supplies.

## St. Vrain Valley

## Retired School Employees

This group of retired St. Vrain Valley School District employees meets quarterly. Call Pat Weaver 303-776-9375.



## *Drop-In Programs, Groups & Clubs*

### **Saturday Potluck & Games**

**Last Saturday of the month, noon – 4:00 p.m.**

Older adults meet for a potluck, cards, games, and socialization. Call Pat at 720-494-1535 or Susie at 303-678-7489 for information.

### **Scrapbooking & Paper Crafts**

**Wednesdays, 9:00 a.m. – noon**

This is an ongoing drop-in group, meeting weekly: come as you can. Work on creating scrapbooks, family history journals, greeting cards, and other paper crafts. All levels of skills are welcome as we share ideas, supplies, and inspiration. If you are new to this hobby or just want to explore how to get started, drop in and visit with others to see what supplies you will need. Call Marty Baker at 303-776-8835 for more information.

### **Senior Center Singers**

**Tuesdays, September - May, 1:00 - 2:30 p.m.**

All voices—soprano, alto, tenor—are welcome. This group has been meeting since fall 2001 and has performed at various sites around Longmont as well as at the Senior Center. Music, laughter, and socializing are just a few of the benefits.



### **Shuffleboard**

**Thursdays, 9:00 - 11:00 a.m.**

Beginners welcome, no experience needed. The group will play several games and then have coffee and snacks. Participants will have a chance to play with a variety of people. A donation of \$1.00 for refreshments is asked. Leftover funds support an annual group lunch.

### **Single Women's Social Group**

**1st and 3rd Tuesdays, 11:30 a.m. – 1:00 p.m.**

Are you a single woman looking for a way to make new friends? Come have lunch with us and enjoy socialization from other supportive single women. You can either bring your lunch or buy lunch from Meals On Wheels here at the Senior Center. If you have questions, you can call Wilma at 303-485-7044.

### **Spanish Conversation Group**

**Fridays, 1:30 – 3:00 p.m.**

Develop cross-cultural friendships and cultural understanding while improving your Spanish. All levels are welcome; however, there is no instruction, and all conversation is in Spanish.

### **Square Dance Club - Hix-N-Chix**

**(Sept. – May) Dances 2nd and 4th Wednesday evenings at the Senior Center, 7:30 - 10:00 p.m.**

New dancers are always welcome! Please call Joan Bristol at 303-678-7711 or Ann Weber at 303-485-9233 for information and cost for the club.

### **Support Groups**

Several support groups are available for interested persons. Many are open for drop-in participation. See the Resource Guide for a list or call Brandy at 303-651-8414.

### **Swingin' Seniors Rhythm Band**

**1st Monday, Sept – May, 1:00 – 2:30 p.m.**

This group performs regularly at senior residences and organizations in the community. Traditional and homemade instruments are welcome. The ability to read music is not required. Call Mori Glidewell at 303-651-0960 for more information.

### **Woodcarving**

**Fridays, 8:00 a.m. - noon**

Beginner and experienced woodcarvers meet to work on projects, offer advice on techniques or equipment and share their enjoyment of this lifelong hobby. All carvers are welcome. Call John at 303-772-2007 or Bob at 303-435-9505 for more information.

# Special Events at the Senior Center



## Cultural Enrichment Program

Sponsored by the Friends of the Longmont Senior Center, there will be engaging speakers this quarter. The programs will be educational, insightful, and intriguing. We hope you enjoy the variety.

Cost: FREE, but please register in advance.



### Denver Post Sports Writer – Dusty Saunders

Registration #383006.00

**Date: Friday, June 5**

**Time: 1:00 – 2:00 p.m.**

Cost: Free



Dusty Saunders was a writer-columnist at the late Rocky Mountain News for 54 years, specializing in television coverage for 40 years where he gained local and national fame. Now he writes a widely-read Monday media sports column for The Denver Post. He joins us today with stories of his life, tales of working in the media, and more. He loves to open it up to audience questions and he'll be selling and signing his book, "Heeer's Dusty: A Life in the TV and Newspaper World."

## Special Events in the Community:



### Walk to End Alzheimer's

There will be a Walk to End Alzheimer's in Boulder on August 1; the walk begins at 9:30 a.m. at the University of Colorado. For more information contact Barb Abbey at 303-818-1669.

### Caregiver Trainings by the Area Agency on Aging

**The National Caregiver Training Program** is a seven-week course; it will be held on Thursdays, June 18 – July 30, 1:30 – 4:30 p.m., in Boulder.

**Powerful Tools for Caregivers** is a six-week course; it will be held on Wednesdays, June 24 – July 29, 1:30 – 4 p.m., in Longmont.

Both are open to Boulder County residents caring for a relative, partner, or friend who is age 60 or over (or of any age if the person has dementia). No registration fee; donations welcome. Respite care assistance offered. For more information or to register, call 303-678-6116 or email [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org).

### Senior Law Day

Boulder County's 2015 Senior Law Day will be held at the Plaza Event Center in Longmont on August 22. For more information, please call 303-441-1685. Registration is required; registration will open by June 15 at [www.2015bouldercountyseniorlawday.eventbrite.com](http://www.2015bouldercountyseniorlawday.eventbrite.com).



### Envision Longmont

**The City of Longmont's  
Comprehensive Plan and  
Multi-Modal Plan Update:**

Throughout the remainder of 2015 and into 2016, city staff and community members will be guiding the update of the City's Comprehensive and Multi Modal Plans. This major project last happened in 2004 and a lot has changed and will continue to change within our community and region. There will be numerous opportunities to participate in the update efforts and to provide comments on both plans. This is a wonderful way for our community's older adults to provide wisdom for the future. Please consider participating and sharing your knowledge and experience. You can go to [www.envisionlongmont.com](http://www.envisionlongmont.com) for more information as well as watching for flyers and posters at the Senior Center.







# Lifelong Learning Classes & Programs

## Computers & Technology

### Senior Computer Tech Center -

#### A computer learning opportunity for those 50+

- Learn from your peers in a supportive and comfortable environment.
- Register in advance at the Longmont Senior Center, 303-651-8411
- Classes and Labs are held at Front Range Community College, 2121 Miller Drive, Room C1504.
- Classes and Lectures are held at the Senior Center, 910 Longs Peak Ave.
- Small class size with individual coaches to assist students during class.
- We will assist you with all of your computing devices including laptops, cameras, phones, tablets, eReaders.



### Friday Open Computer Lab

**Location:** Front Range Community College, 2121 Miller Drive, Room C1504

**Purpose:** One-on-one assistance in an open lab environment by coaches and instructors

**Time:** Fridays, 1:00 – 4:00 p.m.

**Cost:** \$2.00 per session. Pay at the door or purchase a 5-session punch card at the Senior Center for \$10.00.

**No Open Lab at FRCC on the following Friday afternoons:**

July 3: Fourth of July Weekend

August 28: Vacation

### Personal Coaching

Our Personal Coaching program is for those who need one-on-one assistance outside of the classroom/lab environment to address specific needs with various devices, equipment, software and applications

- Cost is \$5.00 per hour.
- Call the Longmont Senior Center 303-651-8411 to request a Coach.
- A SCTC Volunteer will contact you to discuss your particular needs and schedule a day, time and location to meet.

### Computer Club

A forum for the exchange of information and knowledge relating to technology, personal computers, and smart devices.

- Meets the 2nd Monday of the month
- Dates: June 8, July 13, August 10.
- Free, no registration required – drop-in

#### **Computer Tech Volunteers Needed**

If you are interested in volunteering with the Senior Computer Tech Center, please contact Kari at 303-651-8495 or kari.grotting@LongmontColorado.gov

### Tech 102 - Fiber Optic

Registration #382033.00

**Date:** Tuesday, June 16

**Time:** 3:00 – 5:00 p.m.

Location: Longmont Senior Center

Cost: \$2.00 resident, \$3.00 non-resident

Longmont's new fiber optic system will offer every household and every business the fastest internet connection possible today. This change will mean decisions about how to connect, what to connect, and what equipment is necessary to take advantage of this new technology. This seminar will explain what fiber optic is all about, how it works and what you will need to take advantage of this new technology. What will be our choices as to content and services? After you attend this seminar, you will understand how fiber optics will affect you, why it is important and know where to go for help.





## Computers & Technology Classes



**Held at: Front Range Community College**  
**2121 Miller Drive – Classroom C1504 - June, July, August 2015**

COURSE	ACTIVITY #	DAYS/TIME	DATES	Res/Non-Res	
<b>Windows &amp; Android Assistance</b>	382510.01	Wednesday 1:30 – 4:00 p.m.	June 3	\$9.00	\$11.00
<b>Gmail Basics</b>	382511.00	Wednesday 1:30 – 4:00 p.m.	June 10	\$9.00	\$11.00
<b>Cyber Housekeeping</b>	382512.00	Monday 1:30–4:00 p.m.	June 15	\$9.00	\$11.00
<b>Introduction to Windows 8.1</b>	382513.00	Tuesday/Thursday 1:30–4:00 p.m.	June 23, 25	\$18.00	\$20.00
<b>Facebook Assistance</b>	382514.00	Monday 1:30–4:00 p.m.	June 29	\$9.00	\$11.00
<b>Windows &amp; Android Assistance</b>	382510.02	Wednesday 1:30 – 4:00 p.m.	July 1	\$9.00	\$11.00
<b>Internet Basics</b>	382509.15	Tuesday/Thursday 1:30–4:00 p.m.	July 7,9	\$18.00	\$20.00
<b>Genealogy Assistance</b>	382515.00	Monday 1:30–4:00 p.m.	July 13	\$9.00	\$11.00
<b>Windows &amp; Android Assistance</b>	382510.03	Tuesday 1:30–4:00 p.m.	July 21	\$9.00	\$11.00
<b>Email Assistance</b>	382501.15	Wednesday 1:30 – 4:00 p.m.	July 29	\$9.00	\$11.00
<b>File Management – Windows 8</b>	382516.00	Tuesday/Thursday 1:30–4:00 p.m.	August 4, 6	\$18.00	\$20.00
<b>Windows &amp; Android Assistance</b>	382510.04	Wednesday 1:30 – 4:00 p.m.	August 19	\$9.00	\$11.00



# *Lifelong Learning Classes & Programs*

## **Computers & Technology Classes**

### **Cyber Housekeeping**

Browsing and searching the internet leaves behind your browsing history. What should you do to clean your history from your computer and smart devices? What other housekeeping should you do on a regular basis.

### **Email Assistance**

Using your personal email account, a Coach will work with you one-on-one to answer your specific questions about composing and sending messages; storing names in your address book; replying and forwarding messages; sending and receiving attachments. Prerequisite: you must already have an email account and know your password. This is not a structured class with lecture.

### **Facebook Assistance**

Using your personal Facebook account, a Coach will work with you one-on-one to answer your specific questions on using Facebook. How to post, chat, post pictures, find friends, update your privacy settings. Prerequisite: you must already have a Facebook account and know your password. If you use Facebook on a mobile device, please bring it with you. This is not a structured class with lecture.

### **File Management - Windows 8.1**

This class will teach you the basics of managing your data on your computer using the Windows 8.1 operating system. Experience with previous operating systems is helpful but not required. You will learn how to find and organize your files and folders; how to copy, move, delete and save your data. If you have a Windows 8.1 laptop, bring it to class.

### **Genealogy Assistance**

You will work one-on-one with a Coach who will assist you with computer related genealogy research and data entry. If you have a laptop, bring it to class. Bring your login IDs and Passwords. This is not a structured class with lecture.

### **Gmail Basics**

Learn how to create a free Gmail account, including choosing a unique email address and password; composing and sending email messages; and setting up your address book.

### **Internet Basics**

Dive into the World Wide Web using Internet Explorer! Learn basic terminology, toolbar buttons, favorites, and how to use search engines to find websites.

### **New! Introduction to Windows 8.1**

This class addresses the new look of Windows 8.1. Bring your own laptop or use one of ours. Learn how to use the Start Screen and how to tailor the Desktop, Taskbar and Favorites bar. Become more comfortable and have fun using the new features.

### **Windows & Android Assistance**

Bring your tablet, laptop, camera, eReader or other non-Apple device and work one-on-one with a Coach who will answer your specific questions. This is not a structured class with lecture.



# Lifelong Learning Classes & Programs



## Computers & Technology Lectures

**Held at: Longmont Senior Center**

**910 Longs Peak Ave. | June, July, August 2015**

TOPIC	ACTIVITY #	TIME	DATES	Res/Non-Res	
<b>Cell and Smart Phone Tutoring</b>	382019.1A 382019.1B	9:30 – 10:30 a.m. 11:00 a.m. – Noon	Monday, June 1	\$2.00	\$3.00
<b>Computer Club</b>	Drop In	9:30 – 11:30 a.m.	Monday, June 8	FREE	FREE
<b>Summer Open Lab</b>	382028.06	9:30 a.m. - Noon	Tuesday, June 9	\$2.00	\$3.00
<b>Apple &amp; Mac Assistance</b>	382021.06	9:30 a.m. - Noon	Thursday, June 11	\$2.00	\$3.00
<b>Smart TV</b>	382029.00	1:30 – 3:30 p.m.	Thursday, June 11	\$2.00	\$3.00
<b>Skype and Facetime Demonstration</b>	382030.00	9:30 – 11:30 a.m.	Wednesday, June 17	\$2.00	\$3.00
<b>Cell and Smart Phone Tutoring</b>	382019.2A 382019.2B	9:30 – 10:30 a.m. 11:00 a.m. – Noon	Monday, July 6	\$2.00	\$3.00
<b>Apple &amp; Mac Assistance</b>	382021.07	1:00 – 3:30 p.m.	Wednesday, July 8	\$2.00	\$3.00
<b>Computer Club</b>	Drop In	9:30– 11:30 a.m.	Monday, July 13	FREE	FREE
<b>Summer Open Lab</b>	382028.07	9:30 a.m. - Noon	Tuesday, July 14	\$2.00	\$3.00
<b>Cell and Smart Phone Tutoring</b>	382019.3A 382019.3B	9:30 – 10:30 a.m. 11:00 a.m. – Noon	Monday, August 3	\$2.00	\$3.00
<b>Computer Club</b>	Drop In	9:30 – 11:30 a.m.	Monday, August 10	FREE	FREE
<b>Summer Open Lab</b>	382028.08	9:30 a.m. - Noon	Tuesday, August 11	\$2.00	\$3.00
<b>Apple &amp; Mac Assistance</b>	382021.08	9:30 a.m. - Noon	Thursday, August 20	\$2.00	\$3.00
<b>What is Windows 10?</b>	382032.00	2:00 – 4:00 p.m.	Thursday, August 20	\$2.00	\$3.00



# *Lifelong Learning Classes & Programs*

## Computers & Technology Lectures

### Apple & Mac Assistance

Bring in your Apple laptop or smart device (e.g. iPad, iPod, iPhone). Coaches will be available to answer your technical questions and help you with your own device. This is not a structured class with lecture.

### Cell and Smart Phone Tutoring

There are now so many different styles of Cell Phones and Smart Phones. Sign up for a one-on-one session with a Coach who will help you with your phone. Bring your phone, the charger, and the manual. This is not a structured class with lecture.

### Skype and Facetime Demonstration

With your computer or smart device, the internet, a microphone, and a web cam you can video talk with family and friends for free. We will demonstrate how to use Skype and Facetime.



### Smart TV Demonstration

What is a Smart TV? Smart TVs allow you access to streaming video services like Amazon Instant Video, Netflix, and Hulu on your TV. These internet connected TVs offer more computing ability and connectivity than a traditional basic television set. We will explain and demonstrate what a Smart TV can do.



### **New!** Summer Open Lab

New..... Summer Open Lab sessions at the Senior Center. Second Tuesday of the month: June 9, July 14, and August 11. No registration required. Drop in for one-on-one assistance with your laptop, tablet, phone, eReader. All devices welcome.

### **New!** What is Windows 10?

Microsoft Windows 10 will be released sometime this year. Join us for a sneak preview and discussion on what to expect.

### Identity Compromised?

If you suspect your identity has been compromised, you can call: Longmont Police: 303-651-8501  
Boulder County District Attorney: 303-441-3700  
Colorado Bureau of Investigation 24 hour Identity Theft Hotline: 303-443-3489

### Do Not Call Lists

To have your phone numbers added to the state and national do not call register and to stop solicitors, please see below.

State: 303-776-2678  
National: 1-800-309-7041  
[www.coloradonocall.com](http://www.coloradonocall.com)

### A Note About *The GO*

We are working to get *The GO* into as many hands and homes as possible, as early as possible. You can now access the catalog in many ways; online, in the Senior Center lobby, at various in the community, and in the mail. We are encouraging readers and customers to pay special attention to the registration dates for programs and day trips. As soon as we have the final version, we will make it available. We will put key registration information and the availability date of the next GO on the cover so customers will know what to expect ahead of time.





## Arts/Creative Pursuits



### Oil Painting for All

Registration #384115.06

**Dates:** Tuesdays, June 2, 9, 16

**Time:** 1:30 – 3:30 p.m.

**Cost:** \$ 28.50 resident, \$34.00 non-resident

Registration #384115.07

**Dates:** Tuesdays, July 14, 21, 28

**Time:** 1:30 – 3:30 p.m.

**Cost:** \$ 28.50 resident, \$34.00 non-resident

Registration #384115.08

**Dates:** Tuesdays, August 4 – 25

**Time:** 1:30 – 3:30 p.m.

**Cost:** \$ 38.00 resident, \$45.00 non-resident

Oil Painting is the most forgiving of mediums. Come and learn to oil paint. It really is the most forgiving of all mediums. You will learn painting techniques such as, impasto, knife painting, scumbling, and dry brush. You will learn composition and color theory and how to choose the correct paint brush. Most of all you will learn to see the nuances in color and how to mix those colors correctly. For those who want to learn to stretch a canvas we can delve into that, however pre-stretched canvasses are fine if they are stapled on the back. Many styles and painting techniques will be discussed. This class is for all levels of painters from beginners to experienced artists.

### Studio Time with Donna Clement

Registration #384103.06

**Dates:** Wednesdays, June 3, 10, 17

**Time:** 1:30 – 3:30 p.m.

**Cost:** \$ 28.50 resident, \$34.00 non-resident

Registration #384103.07

**Dates:** Wednesdays, July 15, 22, 29

**Time:** 1:30 – 3:30 p.m.

**Cost:** \$ 28.50 resident, \$34.00 non-resident

If you have ever taken a class from Donna Clement you can take this class. You can work on drawing or painting whatever project you wish, using mediums such as colored pencil, graphite, pen & ink, or oils. I will be there to guide you throughout. You will have use of my supplies like usual. This will not be a lecture class; I will simply be there to help with problems that arise. Supplies: bring supplies that you bought for your prior classes with me.

### Drawing Animals with Colored Pencils

Registration #384114.15

**Dates:** Wednesdays, August 5 - 26

**Time:** 1:30 – 3:30 p.m.

**Cost:** \$38.00 resident, \$45.00 non-resident

Learn how to draw animals while also learning how to use wax based colored pencils. Draw your pet or any animal or bird. You will learn to draw hair, fur and feathers while learning how to see colors and shapes like an artist. Your instructor, Donna Clement, will also provide many images to work from, or you can bring your own. A list of supplies can be found on the receipt once you register, or pick up the list at our front desk.



# *Lifelong Learning Classes & Programs*

## **Arts/Creative Pursuits**

### *Longmont Studio Tour Artist Workshops*

These workshops are presented for free by the Longmont Studio Tours artist. No experience is necessary, and all supplies are included. These workshops are sponsored by the LST's outreach program.

Cost: Free

#### **Pastel Workshop**

Registration #384111.03

**Date: June 8**

**Time: 10:00 am – noon**

Come enjoy and create with pastel. You will be working with a medium that has the same pigments as oil paints. You will learn techniques in working with the medium. If you have a particular photo you'd like to work from, please bring it. Wear washable clothing.

Artist: Diane Wood

#### **Fabric Bead Frenzy**

Registration #384111.04

**Date: June 15**

**Time: 10:00 am – noon**

Use fabric scraps and fibers to create beautifully textured beads suitable for embellishing quilts, garments, bags, or home décor, or for making one-of-a-kind jewelry. Artist: Nancy Imburgia

### *Group Piano Lessons*

#### **New to the Piano**

Registration #384117.07

**Date: Wednesdays July 8 – 29**

**Time: 2:00 – 2:45 p.m.**

Cost: \$40.00 resident, \$48.00 non-resident

Registration #384117.08

**Date: Wednesdays August 5 - 26**

**Time: 2:00 – 2:45 p.m.**

Cost: \$40.00 resident, \$48.00 non-resident

For those who have never played before, this is your chance to learn how to play the piano in a fun group setting! Playing the piano stimulates the mind and provides many long term benefits. Studies have shown that playing the piano up to 20 minutes a day protects against certain illnesses, such as Alzheimer disease and reduces anxiety and depression. Participants in the class will learn about note reading, rhythm, technique, theory and musicianship. Each week, students will share the pieces that they practiced at home with their supportive and encouraging class members! This class is for beginners. Call Rhonda Ritter at 303-682-9712 for more information. Materials fee (piano book) \$16.00 to be purchased from the instructor. Class size limited to 4 students.

#### **Returning to the Piano**

Registration #384118.07

**Date: Wednesdays July 8 – 29**

**Time: 3:00 – 3:45 p.m.**

Cost: \$40.00 resident, \$48.00 non-resident

Registration #384118.08

**Date: Wednesdays August 5 - 26**

**Time: 3:00 – 3:45 p.m.**

Cost: \$40.00 resident, \$48.00 non-resident

If you have been playing but are feeling a bit rusty or want to refine your skills, this is the opportunity to have fun learning and work in a small group. You'll learn more about rhythm, technique, theory and musicianship. Plus, studies show the benefits of playing music are numerous, from reducing anxiety to protecting yourself from cognitive illnesses. Each week, students will share the pieces that they practiced at home with their supportive and encouraging class members! Call Rhonda Ritter at 303-682-9712 for more information. Materials fee (piano book) \$16.00 to be purchased from the instructor. Class size limited to 4 students.



## Arts/Creative Pursuits

### Let's Celebrate!

Registration #384119.00

**Date: Monday, July 13**

**Time: 1:00 – 3:00 pm**

Cost: \$12.00 resident, \$14.00 non-resident

Need a card for a special someone with a summertime birthday, wedding or anniversary? Join us and make three summertime themed cards that you can customize depending on your celebratory needs. The class will be taught by Christine Pereira, an artist with many years of experience in making and creating fun projects with paper. All materials are included in your fee.

### Recorder Classes

Registration #384120.00

**Dates: Thursdays, July 16 – August 27**

**Time: 1:00 – 2:00 p.m.**

Cost \$30.00 resident, \$36.00 non-resident

Playing a musical instrument is a great way to keep your mind sharp! Even if you have no musical experience, it's never too late to learn. Learn to play the recorder, starting with the basics of reading music and playing your first notes, and ending with a group recital, demonstrating your progress. The best part is you'll learn as a group, meet new friends and have a fun new hobby. These instruments are not very expensive, if you need help with finding a soprano or alto recorder your instructor, Jen Anderson, can assist you with that. Materials will be provided by the instructor. Call Jen if you have questions, 717-825-0898. Your teacher, Jen Anderson, has been teaching for some time and earned a Bachelors in Music from Mansfield University, then went on to gain two Master's Degrees, one in Saxophone Performance from Carnegie Mellon University and one in Clarinet Performance from University of Colorado Boulder.

### Singing Classes

Registration #384116.06

**Dates: Thursdays, June 4 - 18**

**Time: 12:30- 1:30**

Cost \$ 15.00 resident, \$18.00 non-resident

Registration #384116.07

**Dates: Thursdays, July 9 - 30**

**Time: 12:30- 1:30**

Cost \$20.00 resident, \$24.00 non-resident

Registration #384116.08

**Dates: Thursdays, August 6 - 27**

**Time: 12:30- 1:30**

Cost \$20.00 resident, \$24.00 non-resident

Come and experience the joy and enrichment of singing together in a group! We will learn some basic singing techniques, vocal exercises and some beautiful and uplifting rounds, canons and choral music. No trained singing voices or reading music skills required! Call Rhonda Ritter at (303) 682-9712 for more information.

### Introduction to SoulCollage®

Registration #384121.00

**Date: Thursday, August 20**

**Time: 9:00 a.m. – 12:00 p.m.**

Cost: \$25.00 resident, \$30.00 non-resident

Combining imagery, intuition and imagination, SoulCollage® is a process of creating, over time, a personal deck of unique, collaged cards for self-exploration and self-acceptance. Join Christiane Olivo for this fun, engaging, deep and illuminating process that is all at once a form of creative play, self-care and personal reflection. No art experience is required; anyone able to handle scissors and glue can make beautiful cards to enjoy themselves and share with others. Materials are included in the cost, though you are welcome to bring any images you want to include.



# Lifelong Learning Classes & Programs

## General Interest



### *The Big Picture*

Did you know we have a TV Production Club at the Longmont Senior Center? See page 6 for meeting time information. It's called, "Eyes on Longmont," and the members have been busy exploring Longmont and surrounding areas: capturing the stories, history, events, and more! Now, we are fortunate to start enjoying some of their work. Along with the video, we'll include someone involved in the production or something else related to the topic – it's more than just a show – you get "the big picture."

Time: begins at 1:00 p.m.

Cost: Free

### **Who am I? (Part 2 of the Spiritual Documentary, The Art of Dying)**

Registration #384205.05

**Date: Thursday, June 4**

This documentary explores the nature of identity; Who are we?; What is this consciousness we experience?; And, what happens to our sense of "self" when we die? Religious leaders from some of the world's major faiths share their insight and experiences to help understand the nature of "self". Yoga Master Swamiji will be present after the showing to answer questions. Producer – Rich Lukon (40 minutes)

### **Dougherty Museum (Video 2 of Series)**

Registration #384205.06

**Date: Thursday, July 9**

The Dougherty Museum is located on US Highway 287, one mile south of Longmont. The Dougherty Museum is the culmination of a nearly lifelong personal hobby of Ray G. Dougherty, a longtime turkey grower and farmer in Boulder County. The museum is a structure of 29,000 square feet completed in 1977 to display the antique automobiles, trucks, tractors, pianos, organs, music boxes, etc. collected by Ray G. Dougherty. His son, Doug Dougherty, takes us on a guided tour of the second half of the antique automobiles found in the museum. Doug also discusses some of engineering features of these exceptional automobiles and their history if they were local to the Longmont area. Producer - Preston Newell (53 minutes)

### **Colorado Hopped – Bine to Brew**

Registration #384205.08

**Date: Thursday, August 6**

Ever wonder about the tall vertical poles in the fields off Airport, Jay, and Oxford roads in Boulder County? Just as entrepreneurs started the craft brewing phenomena in Boulder County 35 years ago, a new wave of entrepreneurs are starting to grow hops for use by local craft brewers. This film follows 3 local hop farmers through the 2014 growing season and describes the infrastructure, planting, tending, picking, drying and processing of hops. The hops are then artfully crafted into 3 fresh "wet" hopped beers. This film will make you appreciate our creative local growers and brewers, and thirst for "home grown" craft beer. Producer – Barbara Hau (55 minutes) Added Attraction: A variety of locally grown hops in various forms will be available.





## General Interest

### Seniors on the Move, Go Wherever Life Takes You – on RTD

Registration #384211.00

**Date:** Thursday, June 4, 2015

**Time:** 10:15 a.m. – 2:45 p.m.

**Cost:** Free, and you must register in advance.

Find out how easy it is to use the RTD public transit system and enjoy lunch at the Cheesecake Factory on the Pearl Street Mall in Boulder. A Via Mobility Services' travel trainer will accompany you and be available to answer your questions about RTD. You'll travel from Longmont Senior Center to Boulder. Meet in the lobby at 10:15 a.m. and the group will walk to the bus stop on Coffman (across Roosevelt Park), return to the Coffman bus stop at 2:45 p.m. Must register in advance, there is a limit of 12; each person buys their own lunch, coupons for the free bus ride will be provided.

### Stay Safe with AARP Smart Driver Class

**Wednesday, June 10 - 8:30 a.m. – 1:00 p.m.**

**Wednesday, July 8 - 8:30 a.m. – 1:00 p.m.**

**Wednesday, August 12 - 8:30 a.m. – 1:00 p.m.**

The AARP Smart Driver Course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 15 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. Plus, you may qualify for a multi-year automobile discount by completing the course, check with your auto insurance agent for details. The class costs \$15.00 for AARP members and \$20.00 for non-members. Space is limited, register by calling 303-651-8411.

### Get Acquainted

See front cover for details on upcoming Get Acquainted activities.

### Sustainable Aging: Use Less, Be More

Registration #384122.00

**Date:** June 17

**Time:** 6:00 – 8:00 pm

**Cost:** Voluntary donation of \$5.00 at the door.

There are more seniors now than ever before, and we are living longer than ever. What are the ways we can reduce our impact on the environment, live more fully, overcome the independent/isolated/medicalized view of aging, and be wise warriors for the planet? Speakers will include Rick Moody, former director of academic affairs for the AARP, Peggy Arnold, Program Coordinator, AgeWell, Longmont United Hospital, and Veronica Garcia, Seniors Resource Specialist, Longmont Senior Center. There will be time for discussion. Open to all—seniors, children of seniors, and seniors-to-be.

### What a Game They Played: The NFL, Small Cities and Green Bay Packers

Registration #384123.00

**Date:** Tuesday, August 25

**Time:** 1:00 – 2:00 p.m.

**Cost:** Free

Professional football dates back to the 1890s mostly in the East with contests between local area teams. As the game spread westward, its popularity



grew but was still the province of America's smaller cities such as Canton, Ohio; Hammond, Indiana; Frankfort, Pennsylvania; Rock Island, Illinois; and Duluth, Minnesota. In 1920, several team owners, including George Halas, founder of the Decatur Staley's, formed the American Professional Football Conference (APFC), which became the National Football League in 1922. Come hear our speaker, Richard Van Scotter tell the story of how this industry came from small beginnings to the huge entity it is now.



# Lifelong Learning Classes & Programs

## Humanities/Cultural

### BOULDER INTERNATIONAL FILM FESTIVAL



#### *Summer BIFF Film*

Longmont Senior Services and the Boulder International Film Festival (BIFF) have created an exciting partnership to bring exceptional independent films to the Longmont Senior Center. A BIFF representative will present each film and facilitate a brief discussion. The films are projected onto a screen so that they are larger and easier to see.

**Time: begins at 5:30 pm**

Cost: Free



#### **Ida**

Registration #384408.03

**Date: Tuesday, June 9**

Ida is a film about two women who can either be trapped by their past or break free from it. It is about identity, loss and survival. Poland 1962, Anna is a novice, an orphan brought up by nuns in the convent. She has to see Wanda, the only living relative, before she takes her vows. Wanda tells Anna that Anna is Jewish. Both women start a journey not only to find their family's tragic story, but who they really are and where they belong. They question their religions and the ideas they believed in. Both are trying to go on living but only one of them can. (Poland, Feature Film, 2013, 80 min. Director: Pawel Pawlikowski)



#### **Far From Home**

Registration #384408.04

**Date: Tuesday, August 11**

In September 2012, Brolin and two friends came together to document his journey to become a doctor and the first Olympic Snowboarder to represent an African nation. The film traces Brolins' story across continents, from his humble beginnings in Kampala, Uganda, to his athletic and medical pursuits in the United States. Far From Home is the story of community empowerment and a shining example of human potential. The release of this film unfolds a story that uniquely shows that no matter the skin color, no matter the background, we are capable of achieving our aspirations. (USA, Documentary, 2014, 75 min. Director: Galen Knowles)

# Lifelong Learning Classes & Programs



## Humanities/Cultural

### *Philosophy with Kelly Cowling*

Join Kelly in these thought-provoking and conversation-inducing classes.

#### **Philosophy for Everyone! Using Story to Examine Our Beliefs**

Registration #384413.00

**Dates:** Friday, June 5, 12

**Time:** 3:00-4:00 pm

**Cost:** \$15.00 resident, \$18.00 non-resident



We are all natural philosophers. We have all asked ourselves who we are, why we are here and how we should live. The world's philosophical traditions can be guides for us in exploring these questions and more but so can stories. Using everything from excerpts from novels to clips from popular films and television shows, Kelly Cowling of the Grey Havens Group will help you to apply a time-tested technique of finding yourself and your belief in stories. (This class is an excellent companion to last month's "Getting Deep in Deep Space" but can also be enjoyed with no prior experience.)

### **Philosophy as a Way of Life**

Registration #384414.00

**Dates:** Fridays, August 7, 14, 21, 28

**Time:** 3:00-4:00 pm

**Cost:** \$15.00 resident, \$18.00 non-resident

Philo-sophia, a love of wisdom. Philosopher, Pierre Hadot, claimed in his works on ancient and modern philosophy that our innate love of wisdom has been lost in an increasingly inaccessible and jargon-filled academic discipline. Kelly Cowling of the Grey Havens



Group will use Hadot as a guide through the history of Western (and some Eastern) philosophy and show you how you can live a richer, more satisfying existence by finding your own inner philosopher.

### *Spanish Films*

**Time:** begins at 1:30 pm

**Cost:** Free

#### **The Motorcycle Diaries**

Registration #384412.03

**Date:** Tuesday, June 9

Argentinean medical student and future revolutionary Che Guevara motorcycles across South America with his friend Alberto beginning in 1951, a deeply personal odyssey that ultimately crystallizes the young man's budding political beliefs. (2004, 128 minutes)

### **Viridiana**

Registration #384412.04

**Date:** Friday, July 17

Before taking her final vows, young nun Viridiana (Silvia Pinal) visits her uncle Don Jaime (Fernando Rey), who's supported her for years. But Jaime, fixated on his niece because of her resemblance to his late wife, sets out to corrupt her. (1961, 90 minutes)

### **The Great Match**

Registration #384412.05

**Date:** Wednesday, August 5

This unconventional comedy tracks the individual journeys of three far-flung groups of soccer fans. Overcome with a desire to watch the 2002 World Cup, these unlikely soccer buffs make a 500-kilometer trek to find a town with a working TV set. (2006, 88 minutes) 21



# Lifelong Learning Classes & Programs

## Humanities/Cultural

### Mississippi River

#### Cruisin' Recap

Registration #384415.00

**Date: Tuesday, June 16**

**Time: 4:00 – 5:30 p.m.**

Cost: Free

Enjoy this re-cap of the river trip a group of travelers took in March on the American Queen Steamship. They started their journey in New Orleans and ended in Memphis. Theresa will share some her photos, pulled together into a slide show with music and some light commentary.

### Death Café!

Registration #384204.01

**Wednesday, June 17**

Registration #384204.02

**Wednesday, August 19**

**Time: 2:00 p.m. – 3:30 p.m.**

Cost: FREE, but please register in advance

Let's talk about death! Join us at Death Café, a salon for those who wish to engage in thoughtful, respectful, and sometimes provocative conversation about death. Our objective is to increase awareness of death while helping people make the most of their finite lives. The class is not a bereavement or grief counseling group. This class will be confidential and facilitated by Senior to Senior peer counselors. Tea and sweets will be offered.

### **Elder Abuse Awareness & Prevention Awards**

at the Longmont Senior Center

**Thursday, June 11**

**3:00 - 5:00 p.m.**

See Michele for more information.  
303-651-8415.

### *Arm Chair Traveler*

Watch some PBS videos that explore the famous sites around Great Britain and London; "Royal Britain from the Air," "Secrets of Westminster," "The Secrets of the Tower of London," and "Secrets of London Underground." Each DVD runs approximately 60 minutes.

### Royal Britain from the Air

Registration #384416.00

**Date: Thursday, August 6**

**Time: 10:30 – 11:30 a.m.**

Cost: \$2.00 resident, \$2.50 non-resident

Royal Britain from the Air tells the story of monarchy through the sites where the actual events took place and take a journey through time to the present day. Among the historic buildings and landscapes featured are Buckingham Palace, Westminster Abbey, Canterbury Cathedral, Balmoral, Sandringham, the Tower of London, Hampton Court, Blenheim Palace, War of the Roses battleground Bosworth Field and The Wash, where King John lost the crown jewels! Stunning aerial photography from Skyworks advanced high-definition camera offers unrivalled views of the most historically-important and landscape-defining royal buildings and locations across Britain.

### Secrets of Westminster

Registration #384417.00

**Date: Thursday, August 13**

**Time: 10:30 – 11:30 a.m.**

Cost: \$2.00 resident, \$2.50 non-resident

"Westminster is the heart of London; the seat of true power in Great Britain and the place where modern democracy is born. The rich group of architectural treasures on the north bank of the river Thames - Parliament, Westminster Abbey and the clock tower known as 'Big Ben' - bears witness to one thousand years of power struggle between Crown and People. With unprecedented access, we delve deep into the corridors of power to discover their secrets".





## Humanities/Cultural

### Secrets of the Tower of London

Registration #384418.00

**Date:** Thursday, August 20

**Time:** 10:30 – 11:30 a.m.

**Cost:** \$2.00 resident, \$2.50 non-resident

Unlock doors to secret rooms and learn surprising facts about the famous Tower of London. "Standing guard over the city of London for nearly 1,000 years, the formidable Tower of London has been a royal castle, a prison, a place of execution and torture, an armory, and the Royal Mint. This program unlocks the doors to secret rooms, talks to the people who do the jobs no one sees and reveals some surprising facts about one of England's most famous icons."

### Secrets of London Underground

Registration #384419.00

**Date:** Thursday, August 27

**Time:** 10:30 – 11:30 a.m.

**Cost:** \$2.00 resident, \$2.50 non-resident

Unearth over 2000 years of history deep below the streets of London. On the surface, London is a buzzing, modern metropolis--but underneath lies a secret, hidden world, all but forgotten by the millions of people above. "Secrets of Underground London" uncovers 2000 years of subterranean history: a world of ancient caves and perfectly preserved Roman remains; mysterious rivers and gruesome plague pits; impenetrable vaults and top-secret bunkers. As we dig deep, we'll unearth some of the most extraordinary stories of the darkest side of the city.

### Learning about the Culture of England

Registration #384420.00

**Date:** Wednesday, August 26

**Time:** 3:30 – 5:00 p.m.

**Cost:** Free

Today is the opportunity to visit with some local residents who are members of the organization "Daughters of the British Empire." They will visit with us about the culture of England, give tips as to how to get along in their homeland and help us with the language, even though we all speak English, some words mean different things in other countries. What do you say ol' chap? Come along and pick up some hints on being a good tourist. How do you ask for directions?

Should you barter in the stores?  
They drive on the left, should you walk on the left side of the sidewalk? What time of day do you order biscuits? After they discuss general good etiquette in England, they will take questions. It should be a jolly good time!





# Lifelong Learning Classes & Programs

## Resource Education

### What Is a Long-Term Care Ombudsman?

Registration #384504.00

**Date: Monday, June 15**

**Time: 10:00 a.m. – 11:30 a.m.**

**Cost:** FREE, but please register in advance

Many people have questions about the rights of loved ones in long-term care facilities. The staff and volunteers of the Long-Term Care Ombudsman program advocate for the rights of residents of nursing homes and assisted living facilities. All of their services are voluntary and confidential. Please join us to learn more about the Ombudsmen; there will be time for questions from the audience during the program.

### Medicare Basics Classes

Registration # 384501.06 **Monday, June 15**

Registration # 384501.07 **Monday, July 20**

Registration # 384501.08 **Monday, August 17**

**Time: 10:00 a.m. – noon**

**Cost:** FREE, but please register in advance

Medicare Basics classes are offered by the Boulder County Area Agency on Aging Medicare Counselors. Information is provided about Medicare enrollment, benefits, costs, what and how Medicare pays, choices under Medicare plans, how they work, and prescription drug coverage. Call the Senior Center at 303-651-8411 to register.

### Medicare Basics for Family and Caregivers

Registration #384505.00

**Date: Monday, July 20**

**Time: 5:30 p.m. – 7:30 p.m.**

**Cost:** FREE, but please register in advance

This is a special session for family members, caregivers, or other friends of seniors who have questions about Medicare. Medicare Basics classes are offered by the Boulder County Area Agency on Aging Medicare Counselors. Information is provided about Medicare enrollment, benefits, costs, what and how Medicare pays, choices under Medicare plans, how they work, and prescription drug coverage. Call the Senior Center at 303-651-8411 to register.

### Death Café!

Registration #384204.01 **Wednesday, June 17**

Registration #384204.02 **Wednesday, August 19**

**Time: 2:00 p.m. – 3:30 p.m.**

**Cost:** FREE, but please register in advance

Let's talk about death! Join us at Death Café, **a salon for those who wish to engage in thoughtful, respectful, and sometimes provocative conversation about death.** Our objective is to increase awareness of death while helping people make the most of their finite lives. The class is not a bereavement or grief counseling group. This class will be confidential and facilitated by peer counselors. Tea and sweets will be offered.



## Wellness & Health Education

### **Lunch Bunch**

**Days:** Mondays, 11:00 a.m. – 1:00 p.m.

**Cost:** FREE, but please register in advance with Brandy Queen at 303-651-8414

This weekly supportive group is for those in the early to moderate stages of memory loss who are beginning to have some difficulties with the complexities of everyday living. It is an opportunity for engaging in conversation, socializing, and stimulating activities. Caregivers also attend along with those with memory loss. The group meets at Atria Longmont. Call Brandy at 303-651-8414 to discuss joining the Lunch Bunch. Thanks to: Atria Longmont, Home Care of the Rockies, Home Well Senior Care, and Boulder County CareConnect.

### **Longmont Parkinson's Support Group - Evening Discussion Series**

**Dates:** Mondays, June 15, July 13, and August 17

**Time:** 6:00 – 7:00 p.m.

Join members of the Longmont Parkinson's Group for an evening session. Members will discuss recent events related to Parkinson's disease as well as research and review materials on the Internet. This group also features an online component via Google Hangouts for anyone who wants to participate in the evening session but is unable to travel to the Longmont Senior Center. For more information or to get an invitation to Google hangouts, contact Tom Hubner at 303-678-7089 or thub321@yahoo.com.

### **Adjusting to Life's Changes: A Support Group**

**Dates:** Thursdays, July 9 – August 27

**Time:** 4:00 – 6:00 p.m.

**Cost:** FREE, but please register in advance with Brandy Queen at 303-651-8414

Not all losses are about death- adjusting to life's changes can involve many kinds of loss. If you are struggling with retirement, downsizing, decreased independence, changes in your abilities, or an accumulation of losses over the years, this is the group for you. We can work together to find a "new normal" in life. Our sessions are all confidential. Peer Counselors Deborah Holmes and Nancy Beaudrot will facilitate this group.

### **Know the 10 Signs of Alzheimer's Disease: Early Detection Matters**

Registration #384506.00

**Date:** Monday, August 3

**Time:** 9:00 a.m. – 11:00 a.m.

**Cost:** FREE, but please register in advance

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease as a way to highlight the challenges they face every day. Presented by the Alzheimer's Association.



# Lifelong Learning Classes & Programs

## Wellness & Health Education



*Summer 2015 Programs* at the Longmont Senior Center  
Call 303-651-8411 to register; 303-651-5080 for further information.

### Meditation

Registration #385001.06

**Time: 10:00-11:30 a.m.**

**Dates: Thursdays, June 4, 11, 18**

Cost: \$24.00 resident, \$29.00 non-resident

Registration #385001.07

**Dates: Thursdays, July 9, 16, 23, 30**

Cost: \$32.00 resident, \$38.00 non-resident

Registration #385001.08

**Dates: Thursdays, August 6, 13, 20, 27**

Cost: \$32.00 resident, \$38.00 non-resident

The purpose of the meditation instruction is:

- Rest and relaxation
- Clarity and focus of the mind
- Releasing suppressed/repressed emotions from the mind
- Experiencing peace, love and joy within.

In each session Yogacharya Dharmananda will offer different techniques for meditation, to help you discover which one suits you best. The techniques will generally include exercises for breathing, visualization, memory stimulation, transforming negative emotions to positive ones, devotion, and silent observation of the activities of the mind. Swamiji is a preeminent scholar and teacher of the Science of Yoga, Hindu Philosophy and Comparative Religion.



### Advance Directives

Registration #385003.06

**Thursday, June 11**

Registration #385003.07

**Thursday, July 9**

Registration #385003.08

**Thursday, August 13**

**Time: 9:30-11:00 am**

Cost: \$5.00 resident, \$6.00 non-resident

*Please note: These are separate classes, not a series.*

There is no better time than the present to consider and clarify your wishes for medical treatment in the event you become incapacitated. Preparing documents expressing those wishes ahead of time is a true gift to yourself, as well as your loved ones and your physician, relieving them of the uncertainty of how you want to be treated. In this class, we will review the various documents related to advance planning (medical power of attorney, living will, Five Wishes) and provide you with the necessary materials. Facilitated by Peggy Arnold, M.A., Program Coordinator of AgeWell.

### Light Your Fire!

Registration #385018.00

**Date: Thursday, June 18**

**Time: 9:30-11:00 a.m.**

Cost: FREE, and please register in advance.

In Chinese medicine, the element associated with Summer is Fire. Our bodies reflect seasonal changes in a variety of ways, and aligning ourselves with the meaning of the Fire element can help us optimize our Summer health and wellness. Jane Crawford, M.S., LAc has a particular passion for promoting healthy digestive processes—her colleagues often refer to her as “G.I. (Gastrointestinal) Jane”—and has a wealth of information to share about Summer nutrition, from both the Eastern and Western traditions. She will also address other health-related issues that are associated with the season. Jane is a Traditional Chinese Medicine Acupuncturist and a Masters level Nutrition Therapist at Longmont United Hospital’s Health Center of Integrated Therapies.



# Lifelong Learning Classes & Programs



## Wellness & Health Education

*\*Please note: All activities with a number require advanced registration.*

### Ah-Choo!

Registration #385019.00

**Date: Thursday, July 23**

**Time: 9:30-11:00 a.m.**

**Cost:** FREE, and please register in advance.

While we usually associate seasonal allergies with Spring and Fall, Summer brings its own special variations on the theme, sometimes making us wonder whether we're dealing with a cold or hay fever. Tara Horne, BHS, RRT at Longmont United Hospital will discuss seasonal allergies and bring us the latest information on a range of related issues: Indoor/outdoor allergens; ways to reduce exposure; signs & symptoms; non-prescription medications; and natural remedies. Tara has been a Respiratory Therapist for 12 years and is currently the Cardiopulmonary Supervisor at LUH.

### Growing Great Food and Healthy Communities

Registration#385020.00

**Date: Thursday, August 27**

**Time: 9:30-11:00 a.m.**

**Cost:** FREE, and please register in advance.

Have you ever wondered what it takes to grow vegetables for a living or what it means to raise grass-fed beef? And what about this whole local food movement? How are chefs and restaurants incorporating local food into their menus? Join us to learn about local food production while enjoying first-hand tales and tastes from some Boulder County farmers, food producers and a local chef. You'll hear why, in spite of a short growing season and challenging conditions, local agriculture is on the rise. The Longmont Farmers' Market is excited to join the Longmont Senior Center for another seasonal harvest celebration...its #11!





## Wellness & Health Services

### Wellness & Health Services provided by AgeWell

Office Hours: Mondays 9:00 a.m. – noon & Tuesdays through Thursdays 9:00 a.m. – noon & 1:00 – 4:00 p.m.  
Closed: Fridays  
Telephone: 303-651-5080  
Location: Longmont Senior Center



### Wellness Clinic

**The Nurse Is In! Every Monday**

**Time: 9:00 a.m. – noon**

WALK-IN – OPEN TO ALL

NO APPOINTMENT NECESSARY

We are moving from a “sick care” to a “health care” model that focuses on your wellness goals and supports you in achieving them. Be proactive and preventive about your health care by stopping by our office to explore the possibilities with our nurse, who can check your vital signs as well. If you need more time, you can schedule a wellness consult with the nurse.

### Therapeutic Services

Various forms of massage therapy to meet your unique needs are available at the AgeWell office. Detailed information describing the therapies, fees, and schedules is available there. Please stop by or call 303-651-5080 to schedule an appointment.

### Advance Planning Assistance Services

We can help you review and update your advance medical directives (living will, medical power of attorney, Five Wishes) or provide you with new documents. We can also discuss ethical wills and other forms of personal legacies, if you wish. Call 303-651-5080 for an appointment with the AgeWell Program Coordinator.

### Foot Care Clinic

**Date: 2nd & 4th Fridays**

**Time: Noon – 4:45 p.m.**

Cost: \$45.00 for 1st assessment, \$32.00 for follow-up visits. *There is an extra charge for home visits or special needs.*

Foot care is offered by a registered nurse and includes short foot massage, foot bath, and nail and callous care. Perfect for those with diabetes and anyone who may have special foot care needs. Other times also available at alternate sites. Call Summer Cares LLC

### Chronic Pain Support Group

**Dates: 1st Tuesday, Longmont Senior Center**

**3rd Saturday, Longmont United Hospital**

**Time: 1:00 – 3:00 p.m.**

This group was created to support anyone suffering from the stress or discomfort of chronic pain, regardless of its origin, by providing different pathways to relief, inspiring new understanding and acceptance, and encouraging the enjoyment of each individual life. Please join us as we seek alternative and collaborative methods to healing and relief. For further information, contact Jen Radke, RN, Group Facilitator, 303-651-5245.

### T'ai Chi Cane

Registration #385021.00

**Dates: Wednesdays, July 8 – August 26**

**Time: 11:15 a.m. – 12:15 p.m.**

Cost: Free, must register in advance

T'ai Chi Cane teaches you how to balance better, move more smoothly, and make use of this unassuming device as a self-defense tool. In this class you will learn the Eight Immortals Cane form as taught by Master Jesse Tsao of San Diego. You will need to bring your own cane, wear loose clothing and wear comfortable, flat shoes, suitable for a gym floor. Be prepared to stand for most of the class, but there will be opportunities to sit and take a break.

Steve Elliott has been a student of T'ai Chi for 37 years. He's still learning. He has studied with Bataan Faigao, Bing Lee, and Master Jesse Tsao. He has taught T'ai Chi for 14 years.



## Exercise & Fitness Classes at The Senior Center

CLASS	ACTIVITY #	DAYS/TIME	DATES	COST
<b>Aerobic Fitness</b> <i>No classes June 19 – July 5</i>	Drop-in	Mon./Wed./Fri. 8:00–9:00 a.m.	Ongoing	\$36 for 18 classes \$20 for 10 classes
<b>Core Strengthening</b> <i>No classes June 19 – July 5</i>	386204.06 386204.07 386204.08	Tuesdays 8:30 – 9:15 a.m.	Jun 2-16 Jul 7-28 Aug 4-25	\$15 (R) \$18 (NR) \$20 (R) \$24 (NR) \$20 (R) \$24 (NR)
<b>Feldenkrais® Regain Youthful Movement</b> <i>No classes June 19 – July 5</i>	386023.06 386023.07 386023.08	Tuesdays 10:00–11:00 a.m.	Jun 2-16 Jul 7-28 Aug 4-25 Single class fee	\$24 (R) \$29 (NR) \$32 (R) \$38 (NR) \$32 (R) \$38 (NR) \$9 (R) \$10 (NR)
<b>Line Dance, Beginning</b> <i>No classes June 19 – July 5</i>	386024.06 386024.07 386024.08	Wednesdays 1:45–2:45 p.m.	Jun 3-17 Jul 8-29 Aug 5-26	\$15 (R) \$18 (NR) \$20 (R) \$24 (NR) \$20 (R) \$24 (NR)
<b>Line Dance, Advanced</b> <i>No classes June 19 – July 5</i>	386025.06 386025.07 386025.08	Tuesdays 1:30–2:30 p.m.	Jun 2-16 Jul 7-28 Aug 4-25	\$15 (R) \$18 (NR) \$20 (R) \$24 (NR) \$20 (R) \$24 (NR)
<b>Nordic Walking</b> <i>No classes June 19 – July 5</i>	386026.06 386026.07 386026.08	Wednesdays 8:30 – 9:30 a.m.	Jun 3-17 Jul 8-29 Aug 5-26	\$15 (R) \$18 (NR) \$20 (R) \$24 (NR) \$20 (R) \$24 (NR)
<b>Pilates</b> <i>No classes June 19 – July 5</i>	386005.06 386005.07 386005.08	Mondays 12:30 – 1:30 p.m.	Jun 1-15 Jul 6-27 Aug 3-31 Single class fee	\$24 (R) \$29 (NR) \$32 (R) \$38 (NR) \$40 (R) \$48 (NR) \$9 (R) \$10 (NR)
<b>Pilates</b> <i>No classes June 19 – July 5</i>	386006.06 386006.07 386006.08	Wednesdays 12:30 – 1:30 p.m.	Jun 3-17 Jul 8-29 Aug 5-26 Single class fee	\$24 (R) \$29 (NR) \$32 (R) \$38 (NR) \$32 (R) \$38 (NR) \$9 (R) \$10 (NR)
<b>Tai Chi for Everyone</b> <i>No classes June 19 – July 5</i>	386007.06 386007.07 386007.08	Tuesdays 11:00 – 11:45 a.m.	Jun 2-16 Jul 7-28 Aug 4-25 Single class fee	\$21 (R) \$25 (NR) \$28 (R) \$34 (NR) \$28 (R) \$34 (NR) \$8 (R) \$9 (NR)
<b>Wu Tai Chi, Beginning</b> <i>No classes June 19 – July 5</i>	386008.06 386008.07 386008.08	Wednesdays 4:00–5:00 p.m.	Jun 3-17 Jul 8-29 Aug 5-26 Single class fee	\$24 (R) \$29 (NR) \$32 (R) \$38 (NR) \$32 (R) \$38 (NR) \$9 (R) \$10 (NR)
<b>Wu Tai Chi, Advanced</b> <i>No classes June 19 – July 5</i>	386009.06 386009.07 386009.08	Wednesdays 5:00–6:00 p.m.	Jun 3-17 Jul 8-29 Aug 5-26 Single class fee	\$24 (R) \$29 (NR) \$32 (R) \$38 (NR) \$32 (R) \$38 (NR) \$9 (R) \$10 (NR)
<b>NEW CLASS Tap Dance</b> <i>No classes June 19 – July 5</i>	386205.06 386205.07 386205.08	Thursdays 1:45 – 2:45 p.m.	Jun 4 – 18 Jul 9 – 30 Aug 6 – 27	\$21 (R) \$25 (NR) \$28 (R) \$34 (NR) \$28 (R) \$34 (NR)
<b>Yoga for Active Adults</b> <i>No classes June 19 – July 5</i>	386010.06 386010.07 386010.08 Drop-in	Mondays 2:00 – 3:00 p.m.	Jun 1-15 Jul 6-27 Aug 3-31 Single class fee	\$24 (R) \$29 (NR) \$32 (R) \$38 (NR) \$40 (R) \$48 (NR) \$9 (R) \$11 (NR)
<b>Zumba Gold®</b> <i>No classes June 19 – July 5</i>	Drop-in	Tues. 9:30 – 10:30 Thurs. 12:30 – 1:30	Ongoing	\$36 for 18 classes \$20 for 10 classes \$2 for 1 class





# Exercise & Fitness Classes



### Aerobic Fitness Class

Registration is ongoing. This fun, uplifting class provides aerobic exercises to improve your health, make you feel good, and start your day with positive energy. The Y.M.C.A. provides instructors. Jeanie is a long time fitness advocate and teacher, and her students love the class. It is a great workout. If you have never tried this class, we offer the first one free so you can try the activity. It is never too late to start exercising and improving your health.

### Core Strengthening

Using a variety of equipment such as balls, bands, steps, mats on the floor and standing, you'll learn ways to strengthen and stretch your core muscles which keep us upright, walking, bending, and moving in a healthy manner. No aerobics, just working on muscles, alignment, and being strong for our daily chores and routines.

### Feldenkrais®:

#### Regain Your Youthful Movement

As we age, our abilities decline thereby compromising our balance, range of motion and our adaptability to new situations. Turn back the clock Feldenkrais lessons. Each Feldenkrais class explores a new movement sequence that invigorates your brain and nervous system with new ways of organizing and sensing your movement. The result? A more youthful feeling of movement, improved balance and better outlook on life.

### Beginning Line Dance

Are you looking for fun? Look no further. Join Terry Wallace, your instructor, in this wonderful form of exercise. For those who love music and want to learn some dance steps for their repertoire, this is for YOU! The benefits of line dancing are many — control high

blood pressure and cholesterol, manage stress,

your joints, and improve your balance. Not only is it a physical activity, it will keep your brain active, and you get to socialize and have a lot of fun all at once. Check out one of our most popular classes!

### Advanced Line Dance

If you have been taking Terry's line dance for some time, or are experienced at line dance steps and can move along to the faster tunes, this is for you. Terry will continue some of the group favorites and teach new dance steps to keep you motivated. This is one of the greatest forms of exercise for all the reasons listed above in the beginner class.

### Nordic Walking

Nordic walking is defined as fitness walking with specially designed light-weight poles. Two of the best things about it is that it can be done anywhere; sidewalks, trails, parks, and in any kind of weather. Learning the correct technique allows you to "open up" the short and tight muscles in front of the body (hip flexors, pectorals and shoulder muscles), and strengthen weak muscles in the back of the body (calves, hamstrings, glutes, back and triceps). By sitting too much, we create this front/back imbalance.



### Pilates

Discover this popular modality of core strengthening and improve your flexibility, relieve joint pain, and increase your peace of mind and breathing capacity. Kathy Kerr, certified Pilates instructor, will give you individual attention and focus. All levels of fitness welcome. Most work will be done on the floor on a mat.





## Exercise & Fitness Classes



### Tai Chi for Everyone

Come experience Tai Chi exercise — perfect for people of all abilities. This class is able to be modified for those choosing to sit or stand, good for people with balance concerns or chronic ailments such as arthritis, Parkinson's, or MS. Tai Chi is a practice of "relaxation in motion" with benefits for balance, breathing, and overall wellness. The martial techniques within the form will also be explored. Please wear loose fitting clothes and comfortable shoes. Instruction by Lorene Nardell.

### Tap Dance – **NEW CLASS & Instructor**

Get on your feet and make some noise! Learn how to articulate your feet and ankles and explore musicality and rhythm through tap dancing! Our instructor Kimberleigh Spencer has had a wonderful career dancing professionally as well as teaching and you'll be learning and having fun with the best instructor in the region.

### Beginning Wu Tai Chi

Tai Chi is an ancient Chinese art consisting of relaxed, slow movements that serve to release tension in the body and enhance posture, balance, and strength. In the beginning level you'll learn the basic movements to achieve good body alignment, balance, and coordination. Taught by Lillian Koenigsberg.

### Advanced Wu Tai Chi

At the advanced level, you'll learn movements that will challenge your coordination and mental, emotional, and physical balance. In addition to that, you'll learn techniques that require the relaxation of the large outer muscles and the use of smaller inner or structural muscles. Previous enrollment in Wu Tai Chi required. Lillian Koenigsberg will advise you if you have the skills to enroll in the advanced lessons.

### Yoga for Active Adults

Experience for yourself how yoga is a great way to improve total well-being. Flexibility, strength, balance, breathing, and relaxation will be taught. Participants should be able to get up and down off the floor, since we explore reclining, sitting, and standing poses. Please bring 1 sturdy blanket or 2 large beach towels and a yoga mat, if you have one. New students please come to the first class 10 minutes early. Instructor: Gwyn Cody.



### Zumba Gold®

The easy to follow program that lets you move to the beat at your own pace. It's an invigorating group dance-fitness class that feels fresh, and most of all energizing! Zumba Gold provides modified, low impact moves for active older adults. Get rid of stress, improve your cardio fitness and balance by moving with the music and our instructor, Ana "Neney" Sheffield.



## Exercise

### Exercise & Fitness Classes



#### ***Exercise Scholarship Funds are available***

**The Friends of the Senior Center provide up to \$150 a calendar year for each qualified individual to use toward exercise and fitness classes offered at the Longmont Senior Center.**

See the front desk staff to complete a brief application.  
See page 1 for more information.

#### ***Senior Exercise classes* at St. Vrain Memorial Building, 700 Longs Peak Ave.**



##### **Senior Conditioning**

An "All in one" workout using various types of equipment to work different muscle groups. Learn proper techniques and body alignment.

**Days: Tuesday and Thursday, 8:00-9:00 a.m.**

**Location:** St Vrain Memorial Building

**Fee:** Daily admission, \$4.00 resident,  
\$5.00 non-resident, or use a Recreation pass



##### **Senior Strength Training**

Increase bone mass and muscle strength while improving balance and posture. Reduce risk from injury by building and toning muscles.

**Days: Tuesday and Thursday 9:15-10:15 a.m.**

**Location:** St Vrain Memorial Building

**Fee:** Daily admission, \$4.00 resident,  
\$5.00 non-resident, or use a Recreation pass



## Exercise & Fitness Classes

### *SilverSneakers® Fitness Program*

The SilverSneakers® Fitness program is designed for Medicare participants with select insurance plans. This fitness program offers SilverSneakers® members unlimited access for daily admission to the Longmont Recreation Center. The members have the opportunity to use fitness equipment, pool, indoor track, steam/sauna and may attend signature SilverSneakers® classes which are specifically designed for older adults and taught by certified instructors.



**To find out more, contact Heather at 303-774-4718, [heather.deal@LongmontColorado.gov](mailto:heather.deal@LongmontColorado.gov) or stop into the Longmont Recreation Center and get signed up!**

#### **SilverSneakers® Orientation**

Facility orientations for SilverSneakers® participants involve a tour of the Longmont Recreation Center and an overview of the fitness equipment.

Days/Times: May 7, Jun 4, Jul 2, Aug 6, Thurs, 9am  
May 21, Jun 18, Jul 16, Aug 20, Thurs, 2pm

Location: Longmont Recreation Center,  
310 Quail Road

Fee: FREE, however pre-registration is required

#### **SilverSneakers® Classic**

**Tuesdays and Thursdays, 8:45-9:30am**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or standing support.

#### **SilverSneakers® Yoga**

**Mondays 9:15-10am,  
Wednesday 9:15-10am, & 10:15-11am,  
Fridays 10:15-11am, & 11:15-12pm**

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

#### **SilverSneakers® Circuit**

**Tuesdays and Thursdays 9:35-10:20am**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

#### **SilverSneakers® Cardio**

**Wednesdays, 1:30-2:15pm**

Get Up& Go with an aerobics class for you-safe, heart healthy and gentle on the joints. The workout includes easy-to-follow low impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

#### **SilverSneakers® Splash**

**Mondays 10:15-11am  
Thursdays, 10:15-11am**

Activate your aqua urge for variety! SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.





# Drop-in Sports & Organized Sport Leagues



### Pickleball

Indoor courts at the Longmont Recreation Center, 310 Quail Rd.

**Date: Mondays – Thursdays**

**Time: 2:00 – 4:00 p.m.**

Check out this fun, unique game. It is best described as a hybrid of tennis and badminton. Your SilverSneakers® pass will work for payment for pickleball. Or, if you prefer, use an activity card or drop-in fee; payable at the front desk of the Recreation Center.

There are also outdoor pickleball courts at Collyer Park, located at 6th & Collyer. Drop-in pickleball happens there on Monday mornings, 9:00 -11:00 a.m., as well as anytime you choose to play when the courts are available during the summer and fall as long as weather permits. No charge for the outdoor parks and courts.

### Table Tennis

**Date: Wednesdays and Fridays**

**Time: 9:15 – 11:00 a.m.**

Cost: 50¢ per session

Join other table tennis enthusiasts for some friendly competition. Equipment provided.

### Senior Softball – ages 50+

The Longmont Senior Center will be participating in the Colorado Senior Softball Association again this year. Teams are formed by the beginning of March and games begin in April, continuing through mid-August. Games are played throughout the Denver metro area on Monday and Wednesday mornings (depending on the division). Practices and home games are hosted at Garden Acres Park (2058 Spencer). If you have questions or would like to participate, please contact Kari at 303-651-8495 or kari.grotting@LongmontColorado.gov.

### Senior Golf Association

Registration #287003.15

Cost: \$16.00 resident, \$19.00 non-resident

This is a great way to get out and play 9 holes of golf with other senior golfers at Sunset golf course. (There are weekly greens fees paid at the course on the day you are playing) All levels of golfers are welcome; NO GHIN number required. This fun, noncompetitive, weekly group will begin play on May 15 and continue through mid-October. You may register for golf starting April 1 at the Longmont Senior Center.

If you would like more information, please contact: Theresa Schulte at 303-651-8578 or [theresa.schulte@LongmontColorado.gov](mailto:theresa.schulte@LongmontColorado.gov).



### Volleyball Teams

Calling all volleyball players! The Colorado Senior Volleyball Association begins the fall leagues on September 2. This league is for age 50+ Coed volleyball teams throughout the Front Range metro area. If you are interested in joining a team in the Colorado Association of Senior Volleyball, teams will be practicing on Mondays from 12:30 to 2:30 p.m. at the St. Vrain Memorial Building. Matches are hosted on Wednesday afternoons, at home and throughout the Front Range. Call Theresa for more information, 303-651-8578 or e-mail [theresa.schulte@LongmontColorado.gov](mailto:theresa.schulte@LongmontColorado.gov).

***An organizational meeting will be hosted Tuesday, July 7 at 1:30 p.m. if you would like to find out about joining a team, please attend!***





## Outdoor Activities

### Nature Hikes

Enjoy the outdoors with a variety of hiking destinations, tailored to explore the variety of beautiful areas and accommodate different skill levels.

Our hikes are volunteer led, group activities, so hikers are responsible for staying with the group and being able to maintain a pace appropriate to the rating (see below). We emphasize safety first followed immediately by enjoyment! All hikers are responsible for bringing and carrying their own gear: water/drink, food, clothing, and equipment. Mileage is approximate and represents the entire



distance. The hike locations may be changed based on unforeseen conditions (e.g., weather, construction). Return time may vary according to location, weather, pace, and trail conditions. Prior to hiking, be sure to check with your physician regarding starting this program to make sure you are in good health. Hiking, especially at higher elevations, can be strenuous. If you have questions about your conditioning or endurance level, we encourage you to begin with a hike rated "easy."

**Day:** Thursdays

**Check-in:** 7:15 a.m.

**Depart:** 7:30 a.m.

**Return:** approx. 3:00 p.m.

**Cost:** \$8.00 resident, \$10.00 non-resident  
(For a full refund, cancel 3 business days prior to the hike.)

Date	Location	Level	Distance	Elevation	Gain	Notes	Activity #
June 4	Bobcat Ridge	Easy-mod	4.5 mi	5,300'	400'	WF, H	387400.13
June 11	Myers Homestead	Moderate	5.0 mi	7,880'	680'	H	387400.14
June 18	Green Mtn, West Ridge	Moderate	2.8 mi	7,504'	500'	S	387400.20
June 25	Big Blue Stem/Boulder Creek	Easy	4.3 mi	5,490'	310'	WF	387400.21
July 9	Caribou Ranch	Easy-mod	4.4 mi	8,860'	300'	H	387400.05
July 16	Finch Lake TH to Calypso**	Moderate-diff	5.0 mi	8,480'	850'	ST	387400.22
July 23	Lulu City**	Moderate	4.8 or 7.2 mi	9,050'		Late return	387400.09
July 30	Jean Lunning	Easy-mod	2.5 mi	10,480'	100'	WF	387400.06
Aug 6	Timberline Falls	Easy-mod	5.0 mi	8,600'	200'		387400.23
Aug 13	Cub Lake to Fern Lake**	Moderate	5.0 mi	8,080'	540'	S&R	387400.24
Aug 20	Milner Pass to Ute Trail**	Moderate	4.5 mi	11,400'	-1050'	WF, F	387400.26
Aug 27	Blue Lake	Difficult	6.0 mi	10,480'	840'	V	387400.25

\*\*In Rocky Mountain National Park, you will need a pass or you can pay a one-day fee.

W=water crossing, R=rocks, S=steps, ST=steep or switchbacks, V=views, WF=wildflowers, H=historical, G=geology, F = fauna/birds

	Easy	Moderate	Difficult
Elevation	7500'-8500' or less	8501'-10,000'	10,000+'
Gain	Minimal - 400'	401' - 500'	501+'
Distance	3 - 4 mi	3 - 6 mi	4+ mi
Pace	All hikers stay with the group. The group stops approx. every 20-30 min and at all trail junctions. The pace increases with the level of hike unless otherwise noted.		

Hikes are rated based on the most difficult factor, even if it is only one from a certain level. For example, a 3-mile hike may be rated difficult if it is at 12,000'. Please see our Notebook at the front desk for more details about individual hikes and our Newsletter for additional information about equipment and other program tidbits.



## Trip & Registration Information

Trips are scheduled on various modes of transit: minibuses, school buses, and coach buses. The style of bus is dependent upon cost, size of group, and time and distance traveled, as well as availability of buses. We always try to be cost efficient and comfort oriented.

**Departure times are definite.** We do not wait for participants past the designated departure time either from the Senior Center or returning to the Senior Center.

**Return times are approximate.** Please do not schedule appointments close to the return times; we never know when delays may occur.

**Bus seat assignments** are made at the time of check-in. Participants draw a seat number for themselves and one other person (shared seating). These assigned seats are used both going to and from the trip destination. For extended trips, you will draw new seats each day.

**Cancellations** must be received by the dates printed in **The GO** if a full credit or refund is to be given. After that date, a partial credit or refund may be issued only if the spot is resold. Cancellations must be processed through the Senior Center. When possible, the staff will attempt to resell your spot to the first person on the waiting list, or if it is last minute and the Senior Center is closed, you may give your ticket to a person of your choice. Please call 303-651-8411, if you do so.

*Note: Please refrain from using your cell phones while with the group and on the bus.*

### Trip Registration:

Trip registration is conducted lottery style – Friday, May 15, 3:00 - 5:00 p.m.

#### Lottery information

In fairness for all and to eliminate the need to arrive early, we will use a lottery format for the first day of trip registration. Numbers will be distributed to participants. Corresponding numbers are placed in a tumbler and drawn randomly. When your number is called, you will have the opportunity to register for trips. Participants must be present when their number is called to keep things running smoothly. If you arrive after the lottery has started your number will be added to the tumbler after you are seated. You may register for yourself and one other senior. A separate Activity Registration Form is required for each person.. **REMINDER: when paying with cash or check, you don't need to wait for your registration form to be processed.**

If you are unable to attend the TRIP registration kickoff, you may register for trips on the first business day following the kick off at the front desk, over the phone at 8:00 a.m., or online at [www.LongmontColorado.gov/rec](http://www.LongmontColorado.gov/rec).

### Trip Pick-Up And Return Location

**Longmont Senior Center • 303-651-8411**

**910 Longs Peak Ave, Longmont, CO**

Customers going out on trips, please park your vehicles at the east end of the parking lot, leaving the spaces closest to the building for customers coming and going throughout the day. Check-in takes place in the lobby. Thank you.





## *Lunch Wagon*

***Each month, visit a different restaurant for a nice or casual lunch, depending on the restaurant and dining style. Seating limited to Senior Services minibuss.***

### **Tocabe Restaurant, Denver**

Registration #381042.02     **Tuesday, June 2**  
 Registration #381042.09     **Tuesday, June 9**  
 Registration #381042.16     **Tuesday, June 16**

This month we are headed to a very unique and flavorful restaurant. It is one of the few American Indian Restaurants in this region, and highly rated for the tastes and menu options. You will find fry bread as the main element and then you choose toppings. Toppings can be bison, chicken or vegetarian. Or you may want to try the stuffed fry bread; they make them lighter and don't use lard for frying. Or maybe you splurge with the bison ribs with the berry barbecue sauce. Be sure to save room for wojapi, a Northern Plains fruit stew or the sweet fry bread, dusted with powdered sugar and cinnamon. This is a "quick casual" restaurant where you'll order at the counter, then find a table. Price ranges from \$8.00 - \$14.00.

Check-in: 10:00 a.m.  
 Depart: 10:15 a.m.  
 Return: 2:30 p.m.  
 Cost: \$7.00 resident, \$8.00 non-resident  
 Transportation: Senior Services minibuss  
 Includes: Trip escort and transportation  
 Sign-up: Begins May 15, cancel by May 27, June 3, or June 10, respectively for full refund.

### **Domo Japanese Restaurant, Denver**

Registration #381043.07     **Tuesday, July 7**  
 Registration #381043.14     **Tuesday, July 14**  
 Registration #381043.21     **Tuesday, July 21**

Domo restaurant is not your ordinary Japanese style of cooking; first of all they don't put any soy sauce on the table. The cooking is done in a northern Japan tradition, simple, fresh country foods prepared without preservatives and with a minimum of oil. Raw fish is served over rice, but not sushi style. Noodle dishes and teriyaki chicken are rich in flavor and texture. Inside the restaurant, the reed ceiling and recycled wood interior create a comfortable atmosphere, plus they have a lovely garden and a small museum on site to explore. Because of their no reservations policy, we will hope that arriving at the beginning of their lunch hours will allow us to be seated quickly, but there are no guarantees. Lunch is included in the price of the trip, since they won't write up individual tickets. Once you arrive, you'll choose your lunch selection from the menu, and then enjoy food prepared by the award winning staff. Domo has been consistently highly rated by Zagat, Food Network and all the local magazines for 20 years.

Check-in: 10:00 a.m.  
 Depart: 10:15 a.m.  
 Return: 2:30 p.m.  
 Cost: \$23.00 resident, \$27.00 non-resident  
 Transportation: Senior Services minibuss  
 Includes: Trip escort and transportation and lunch  
 Sign-up: Begins May 15, cancel by July 1, July 8, or July 15, respectively for full refund

### **Hobnob Restaurant, Loveland**

Registration #381044.04     **Tuesday, August 4**  
 Registration #381044.11     **Tuesday, August 11**  
 Registration #381044.18     **Tuesday, August 18**  
 Registration #381044.25     **Tuesday, August 25**

The Hobnob is the selection this month based on requests for a homey style restaurant with delicious food. You'll head north to this quaint restaurant for a delicious lunch with nice variety on the menu with options for sandwiches, soups, salads or the daily special. Prices range from \$8.00 - \$12.00. There are 3 porch steps to enter the restaurant and two more steps up and down if you use the restrooms at the restaurant.

Check-in: 10:45 a.m.  
 Depart: 11:00 a.m.  
 Return: 2:00 p.m.  
 Cost: \$7.00 resident, \$8.00 non-resident  
 Transportation: Senior Services minibuss  
 Includes: Trip escort and transportation  
 Sign-up: Begins May 15, cancel by July 29, August 5, August 12 and August 19, respectively for full refund





## *Trips*



### *Casino Trips*



#### **Century Casino, Central City**

Registration #381004.15

**Date: Thursday, June 11**

Century Casino welcomes you with friendly staff and some of the newest slots in gaming as well as many of the favorites for slot players. In addition to the slot play, there are table games of black jack, craps and roulette available. On Thursdays they also play bingo and as a part of the group package you'll receive 50% off food at their café. Good luck to our gamblers heading to the high country!



Check-in: 8:40 a.m.  
Depart: 9:00 a.m.  
Return: 5:00 p.m.  
Cost: \$12.00 resident, \$15.00 non-resident  
Transportation: Coach Bus  
Includes: Trip escort and transportation  
Sign-up: Begins May 15, cancel by Monday June 8, for full refund

#### **Mardi Gras, Black Hawk**

Registration #381026.15

**Date: Thursday, July 9**

This popular casino has a festive atmosphere with plenty new slots as well as the old favorites, over 650 slot machines. Black jack and craps game tables are available as well as the dining options at the Bourbon St. Café or Lucky's cafe.

Check-in: 8:40 a.m.  
Depart: 9:00 a.m.  
Return: 5:00 p.m.  
Cost: \$12.00 resident, \$15.00 non-resident  
Transportation: Coach Bus  
Includes: Trip escort and transportation  
Sign-up: Begins May 15, cancel by Monday July 6, for full refund

#### **Lady Luck, Black Hawk**

Registration #381000.15

**Date: Wednesday, August 5**

Lady Luck Casino features over 500 of the most exciting and loose slot machines in Colorado! From penny to high limit machines, you're sure to find your favorite game in your luckiest denominations. Enjoy the benefit of the group promotion with \$5.00 free cash with 500 points earned on your player's card, \$5.00 Match Play for table game, 50% off Otis Henry Bar and Grill.

Check-in: 8:40 a.m.  
Depart: 9:00 a.m.  
Return: 5:00 p.m.  
Cost: \$12.00 resident, \$15.00 non-resident  
Transportation: Coach Bus  
Includes: Trip escort and transportation  
Sign-up: Begins May 15, cancel by Friday, July 31, for full refund





## Raptor Center, Fort Collins

Registration #381045.00

**Date: Friday, June 5**

Today's visit to Rocky Mountain Raptor will include learning about medical management of cases and how the RMRP trains and coordinates volunteers and staff to provide care for the birds 365 days/year. Injuries, therapies, and issues involved in caring for raptors are discussed. The tour may include an opportunity to meet an educational raptor. Tours are part inside, part outside, so please dress for the weather. Tours last from one to one and a half hours, and involves walking and standing on gravel surfaces and uneven ground. Following the tour, there will be a lunch stop at Famous Dave's Bar-B-Que in Fort Collins, lunch costs will be on your own.

Check-in: 8:45 a.m.

Depart: 9:00 a.m.

Return: 2:00 p.m.

Cost: \$17.00 resident, \$22.00 non-resident

Transportation: Senior Services minibus

Includes: Trip escort, transportation, admission, and guided tour at the raptor center.

Sign-up: Begins May 15, cancel by Monday, June 1 for full refund.

## Wicked the Musical at the Buell, Denver

Registration #381041.00

**Date: Sunday, June 7**



Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One — born with emerald green skin — is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good makes for "the most complete — and completely satisfying — musical in a long time" (USA Today). Variety calls Wicked "a cultural phenomenon," and every time it plays Denver it breaks box office records. Winner of more than 100 international awards, including a Grammy and three Tonys, Wicked is "Broadway's biggest blockbuster" (The New York Times). For this showing we have seats on Orchestra level toward the rear of the theater, on the side, Rows XX, UU and TT.

Check-in: 12:15 p.m.

Depart: 12:30 p.m.

Return: 6:00 p.m.

Cost: \$96.00 resident, \$105.00 non-resident

Transportation: Mini bus

Includes: Trip escort, Show ticket and transportation

Sign-up: Begins May 15, cancel by Monday, June 1, for full refund

## KURIOS by Cirque du Soleil

Registration #381040.00

**Date: Sunday, June 14**



The "Cirque" performers always have audiences cheering their feats and stunned at their abilities. "What if you could alter reality at will? Delve into a world of curiosity where seeing is disbelieving: the world of KURIOS –Cabinet of Curiosities from Cirque du Soleil. The show immerses you in a mysterious and fascinating realm that disorients your senses and challenges your perceptions, leaving you to wonder: "Is it real, or just a figment

of my imagination?" This show takes place at the Pepsi Center; where a large tent is set up for the performance venue. There are stairs to get to our seats, no aisle seats and no wheel chair seating available for this performance.

Check-in: 11:00 a.m.

Depart: 11:15 a.m.

Return: 6:00 p.m.

Cost: \$85.00 resident, \$95.00 non-resident

Transportation: Mini bus

Includes: Trip escort, Show ticket and transportation

Sign-up: Begins May 15, cancel by Monday, June 8, for full refund



## **Golden Gate Canyon State Park Picnic**

Registration #381038.00

**Date: Friday, July 17**

Today's outing will take you into the high country without the long drive up I-70, Golden Gate Canyon State Park is located 13 miles west of Golden, it will take us a bit more than an hour to get there. This park is known for its beauty and location. We have reserved the Red Barn shelter for our picnic outing. Once there, Theresa and Kari will be your hosts and chefs for the day. While you explore, relax, and listen to our cowboy entertainer – Vic Anderson, we will be busy grilling some brats and burgers with all the fixings and side dishes to feast on. The site has sheltered picnic tables, horse shoe pits, volleyball court, and great trails and open meadow to explore. We will be up there from about 10:30 a.m. – 2:00 p.m., so you have time to really relax and enjoy the outdoors. Bring appropriate wear for being outdoors and weather conditions for the day, as well as sun screen, hats, bug repellent and any other personal necessities you want. The elevation is approximately 8,000 feet altitude and the site has running water and vault toilets. Please bring your own lawn chair if you don't want to sit at just the picnic tables. The meal and entertainer are included in the cost of the trip.

Check-in: 9:15 a.m.

Depart: 9:30 a.m.

Return: 3:30 p.m.

Cost: \$28.00 resident, \$33.00 non-resident

Transportation: Coach bus

Includes: Trip escort, lunch entertainer  
and transportation

Sign-up: Begins May 15, cancel by Monday,  
July 13, for full refund



## **Celestial Seasonings and Leanin' Tree Gallery Tour**

Registration #381047.00

**Date: Monday, July 20**



**LEANIN' TREE**  
AN AMERICAN TRADITION SINCE 1949

These two Boulder County originals are a favorite touring spot for locals and "out of towners." You'll begin with a 45-minute factory tour at Leanin' Tree Museum and Sculpture Garden of Western Art, where they make their famous greeting cards. You'll also have time to visit the museum, sculpture garden, and gift shop. They have over 250 paintings and 150 bronze sculptures created by over 100 artists. The collection consists of cowboys, Indians, wildlife, and landscapes. Afterwards, we'll head to Celestial Seasonings – the most advanced tea producing facility for decades, and where they are known for creating delicious teas and artful packaging. Prior to the 45-minute tour, where you'll see the workings of the facility, you'll have time for lunch in their cafeteria (costs on your own) and shop in their specialty shop.

Check-in: 9:15 a.m.

Depart: 9:30 a.m.

Return: 4:00 p.m.

Cost: \$21.00 resident, \$25.00 non-resident

Transportation: Coach bus

Includes: Trip escort, guided tours, and transportation

Sign-up: Begins May 15, cancel by Monday,  
July 20, for full refund



## Boettcher Mansion tour, visit Lookout Mountain Nature Center & Preserve, and The Buffalo Bill Museum and Grave

Registration #381039.00

**Date: Tuesday, July 28**

Explore the beauty and history tucked into the mountains of Colorado. We'll begin with a 1-hour guided tour of historic Boettcher Mansion. Next is a place that celebrates the outdoors – Lookout Mountain Nature Center – with beautiful and informative displays. Afterwards, we go to The Buffalo Bill Museum for a self-guided tour of the museum and grave site. You can get lunch at your leisure at the adjacent café, Prahaska Teepee. Lunch costs are on your own. You'll also have time to visit the gift shops.

Check-in: 9:30 a.m.

Depart: 9:45 a.m.

Return: 4:00 p.m.

Cost: \$38.00 resident, \$45.00 non-resident

Transportation: Coach bus

Includes: Trip escort, guided tours, entrance fees, and transportation

Sign-up: Begins May 15, cancel by Monday, July 13, for full refund



## It's off to the Horse Races

Registration #381030.15

**Date: Friday, August 7**

Back by special request, we are headed for Arapahoe Park Racetrack. The ponies are up and running for the summer; today you'll have a chance to watch live horseracing, learn a bit about the betting process with a betting seminar, receive a program, and have a seat at a reserved table. You are also welcome to go down to the track to watch from outdoors, and food concessions are available to sustain you while you cheer on the jockeys and the horses!

Check-in: 10:00 a.m.

Depart: 10:15 a.m.

Return: 5:45 p.m.

Cost: \$37.00 resident, \$42.00 non-resident

Transportation: Coach bus

Includes: Trip escort, admission, program, betting seminar, clubhouse tables and transportation

Sign-up: Begins May 15, cancel by Friday, July 31 for a full refund.

## RTD SeniorRide to the Colorado Rockies

RTD will offer transportation from the Longmont Senior Center, located at 910 Longs Peak Avenue, to the following Wednesday evening Rockies games: May 20, June 3, 17, 24, July 8, August 19, and September 2 and 23.

The bus will depart the Longmont Senior Center 90 minutes before game time and will leave Coors Field 30 minutes after the game ends. The fare is \$5.00 round-trip for seniors 65 and older and \$10.00 round-trip for all other passengers. Call SeniorRide at 303-299-6503 for information.





## South Dakota:

### Deadwood Gulch Resort, Rapid City, Prairie Edge Trading Co & Galleries, Stone Faces Winery, Circle B Chuckwagon Dinner & Show, Brulé Show



Registration #381037.03

Cost: \$320.00

#### **Double Room**

Registration #381037.02

Cost: \$380.00

#### **Single Room**

**Dates: Monday, August 17 – Thursday, August 20**

Back by popular demand, a trip to the historic gaming town of Deadwood, South Dakota, three nights at Deadwood Gulch Resort AND an afternoon of touring some popular recommended local attractions. Deadwood Gulch Resort (elevation 4,533'), located just a mile outside of the town of Deadwood, is a small resort with a cozy atmosphere, nestled next to a river and the Mickelson Trail, includes a friendly restaurant on site. For those who wish to explore the town of Deadwood, a trolley picks you up from the front of the hotel and is available throughout the day and into the evening for an easy ride. The cost is \$1.00 each time you board the trolley.

We depart bright and early Monday morning for our 7-hour journey to Deadwood with a stop enroute for a fast food style lunch. Once arriving at the resort, you have the rest of the evening and Tuesday morning to unpack, eat, relax, play, gamble, explore,...whatever you want. Tuesday afternoon we go to Rapid City for a visit to the recommended Prairie Edge Trading Co. & Galleries. A highlight here is their gallery, which includes fine art and cast paper sculptures by Allen and Patty Eckman. You'll also have time to look through some other shops in the area. Afterwards,

we stop by the Stone Face Winery on our way to the Circle B Chuckwagon for dinner and a live cowboy show, followed by the American Indian show Brulé, described as experience in sight, sound, and soul. Wednesday is a great chance to explore downtown Deadwood or the Mickelson trail or both. Deadwood has several good museums, movie memorabilia, casinos, tours, and more.

Although there may not be a lot of required walking on the Tuesday outing, you will be getting off and on the bus multiple times each day. For those of you that enjoy the extra walking, you'll be able to walk around Rapid City some and while exploring around the resort in Deadwood.

We will be using Colorado Coach, so Patrick or one of his crew will drive our motor coach. Prepare to see the sights from new angles, as everyone will receive new seating each day. Special seat requests will not be honored.

#### **Your trip package includes:**

(1) 3 nights lodging; (2) \$41.00 in meal vouchers; (3) \$5.00 slot match play and slot tournament; (4) welcome reception; (5) all sites, chuckwagon dinner, and shows listed for the Tuesday excursion; (6) and round-trip coach transportation from Longmont and each of the tour sites. Tips for the driver and housekeeping staff and meal expenses will be on your own. Using the discount coupons at Deadwood Gulch resort will help keep your food expense reasonable. Fees quoted





## Deadwood Trip continued.



include the tours and will not be prorated or modified if you opt out of the tour day.

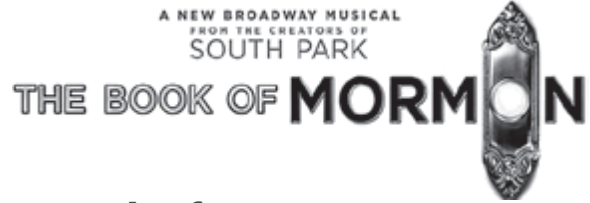
Check-in: 8:00 a.m., Monday, August 17  
 Depart: 8:30 a.m.  
 Return: 6:00 p.m., Thursday, August 20  
 Cost: \$320.00 per person for double occupancy room  
 \$380.00 per person for single occupancy room

Transportation: Coach bus (Deadwood is approximately 370 miles from Longmont.)  
 Includes: Coach transportation, 3 nights lodging and meal discounts at the resort, Rapid City visit, Stone Faces Winery tasting, Circle B Chuckwagon Dinner and Show, Brulé Show. The lunch stops to and from South Dakota will be at your own expense.  
 Sign-up: Begins May 15, cancel by July 16 for a full refund.

If you cancel between July 16 and July 31, you will receive a 50% refund.

If you cancel after August 1, you will not receive a refund.

An **Informational Meeting** about the Deadwood trip will be Tuesday, May 12, at 1:00 pm at the Longmont Senior Center. If you are looking for a roommate or have general questions, please come to the meeting or call Kari at 303-651-8495 for more information.



## The Book of Mormon

Registration # 381046.00

Date: Saturday, August 22

Returning for the third time, this award winning (9 Tony) show is back. One of the most talked about musical comedies returns to Denver's Ellie Caulkins Theater. Hailed as the best musical in 25 years, you get a chance to see it and come to your own conclusions.

It is said to be as sweet as it is outrageous. The story of two young Mormons dropped off in Uganda for their mission work and their innocence and love of faith take them on a most improbable journey. It leaves people laughing, tapping their toes, shaking heads and not quite sure if it is okay to laugh at the blasphemous humor. The writers are uncompromising in poking fun at all organized religions and using sophomoric humor, but you come to love the two young men who are so out of their element and questioning what they are doing. Being able to look at the lighter side of life is a requirement in order to enjoy this show. Seats are located on the lower level (Parterre) right side of stage.

Check-in: 12:10 p.m.  
 Depart: 12:30 p.m.  
 Return: 5:30 p.m.  
 Cost: \$115.00 resident, \$125.00 non-resident  
 Transportation: Coach Bus  
 Includes: Trip escort, show ticket & transportation  
 Sign up: Begins May 15; for full refund, cancel by Friday, August 14.



# Group Extended Travel with the Senior Center

**For more details on the group travel offerings, please pick up a flyer at the Senior Center or Gold Key Travel, Ltd. (328 Coffman Street), or call Gold Key Travel at 303-776-7024.**



## **British Landscapes Tour England, Scotland & Wales**

**September 11 – 21, 2015**

***Very limited space available!***

**Please call Gold Key Travel to make your reservation today if you are interested, 303-776-7024.** Join Theresa Schulte and Karen Wood on this scenic tour of Britain!

### **Highlights include:**

- Cosmopolitan city of London
- Historic town of Oxford
- Edinburgh Castle and the Crown Jewels
- Picturesque Lake District & Hadrian's Wall
- Lovely villages and landscape of the Cotswolds
- Stratford-upon-Avon – birthplace of William Shakespeare
- Medieval city of York
- Mystical Stonehenge
- Overnight castle stay in Wales

Early Booking Rates include \$200 savings:

\$4,699 per person (double occupancy)

\$5,649 per person (single occupancy)

Rate includes roundtrip airfare from Denver to London; 11 day tour; 13 meals; all transfers (including transfer from Longmont to DIA roundtrip); Travel Protection Plan; Gratuities to tour manager/driver/local guides; baggage handling tips and services of a Travel Host from the Longmont Senior Center/Gold Key Travel.

Those guests who have traveled with Collette within the past 2 years will also receive \$100 to \$150 per person in loyalty discounts.

Flyers with detailed information are available in the lobby of the Longmont Senior Center or at Gold Key Travel. **Call 303-776-7024 for more information or reservations.**

## *Fall Trip for 2016:*

### **Best of Eastern Canada Montreal, Quebec City, Niagara Falls September 2016**

***This lovely 8-day tour is on the "drawing board" for Fall of 2016.***

Would you like to visit France without the long flight? You will definitely get the "French" feeling while visiting the European-styled, old world

elegance of Montreal & Quebec City. Then on to Ottawa, the cosmopolitan capital city of Canada, and last but not least, incredible Toronto. And for the nature lovers, thundering and awe-inspiring Niagara Falls plus a cruise through the unspoiled region of the spectacular 1000 Islands will complete this remarkable tour of our neighbor to the North! Details will be forthcoming in the Fall "GO" catalog. Contact Gold Key Travel, 303-776-7024 to be on the list for this trip, as soon as we have details, you will be contacted.



## A Star Studded Branson Christmas

**November 13 – 17, 2015**

**5 days/4 nights (fly)**

What could be better than celebrating the holiday season with a trip to the Ozark mountains? Join us as we fly to Kansas City, Missouri and board our luxury motor coach to relax and view the scenery. Rolling hills and farms will help us “get our country on” as we journey to Branson, Missouri. The Christmas lights are up and Christmas shows and music are in every theatre! The excitement of this tour will build each day as we enjoy legends, live theatre, music, museums, comedy and more. We have planned an assortment of wonderful shows and tours for you. Good old southern cooking and charm will put a smile on your

face. So, relax and start planning to come on down to Branson with us for “memories of a lifetime!”

Flyers with more details are available at the Senior Center or contact Theresa at 303-651-8578 or Kari at 303-651-8495. Our travel partners for this package are Celestial Travel and Tours; phone 303-773-1224.

\$1,550\* per person double occupancy  
\$1,825\* per person single occupancy  
Deposit: \$200 per person for single or double occupancy (Comprehensive travel insurance is offered in this package)

***\*4% discount available on tour price for payment with cash or check.***



## Tulips & Rhine River Cruise

**April 14 – 23, 2016**

**A second informational meeting for this trip is on Wednesday, June 3rd at 2:00 p.m.** Please join us if you are interested. You'll see photos of the ship, hear about all the amenities and see some of the stops along the way. **Space is very limited on this cruise, so if you are interested, please call Gold Key Travel right away at 303-776-7024 to inquire about availability.**

This journey is in high demand, so don't delay or you will miss the boat! The river ships have fewer state rooms available than the ocean cruise lines. Join us for a pre-cruise tour in Amsterdam with the option of visiting the incomparable Keukenhof Gardens with more than seven million tulips, daffodils and hyacinths, the world famous Rijksmuseum or the stirring Anne Frank House. We will be sailing on a brand new ship down the



Rhine River, on one of the most scenic and charming itineraries you can imagine. This 8-day cruise will stop in Cologne, Koblenz, Rudesheim, Mainz and Heidelberg, Germany, as well as the Black Forest. Other ports include Strasbourg, France and ending in Basel, Switzerland. An optional post-cruise stay in Switzerland will also be offered.

Pricing includes all transfers and baggage tips (including transfer from Longmont to DIA roundtrip); Pre-cruise hotel night in Amsterdam with breakfast; 8-day cruise with all meals and non-alcoholic beverages; Wine & Beer with dinner; Sightseeing excursion in every port; Pre-paid gratuities for Cruise Director & Cruise Staff; Group cocktail party; Complimentary Wi-Fi on the ship; Avalon Travel Protection Plan; Services of Travel Hosts from the Longmont Senior Center and Gold Key Travel. (Airfare is not included and will not be available until late May or June.)

Per person rates based on two people sharing a room:

**Panorama Suites** with wall-to-wall windows range from \$4551 - \$4686 per person

**Deluxe Staterooms** with small windows range from \$3607 - \$3786 per person

**Flyers with detailed information are available in the lobby of the Longmont Senior Center or at Gold Key Travel.**





## Volunteer & Involvement

### Rhythm on the River Friday & Saturday, July 10 & 11

Don't miss this opportunity to mix a fun celebration with volunteer opportunities! Greet event guests, help with the river run, fill and hand out water bottles, assist with arts & craft, help maintain a pleasant site. If you are interested, please call Kari at 303-651-8495 or fill out an application online.



### Computers & Technology

We welcome new coaches and instructors to assist with computer and technology classes that are designed for and led by older adults. Call Kari at 303-651-8495.



### Hike & Snowshoe Leaders

Exercise your mind, body, and heart! Help lead hikes and snowshoe outings in the beautiful Colorado outdoors. Call Kari at 303-651-8495.

### Longmont Meals on Wheels 303-772-0540

Longmont Meals on Wheels is in need of volunteer drivers and kitchen helpers. A small investment on your part can make a world of difference in someone else's life.



### CareConnect 303-772-2262

CareConnect staff can help you find a volunteer spot that's right for you. CareConnect programs: Carry-Out Caravan, Medical Mobility, Companionship, and Fix-It and Financial Capability.

### Volunteer with the Boulder County Circles Campaign

Contact Jessica Austin 303-441-1503 or [jaustin@bouldercounty.org](mailto:jaustin@bouldercounty.org) For more information visit the Circles website [www.bouldercountycircles.org](http://www.bouldercountycircles.org)

**Circle Allies** are part of a team of friends and advocates who gather regularly to support a Circle Leader as he or she works toward achieving long-term economic self-sufficiency.

### Respite Care Volunteer Program

Volunteers offer social companionship to older adults (age 60 and better) who live alone or with a family caregiver. Volunteers visit two hours a week, must be at least 21, and are asked to make a 6 month commitment. For more information and application materials, please contact Katie Wade at 303-441-1542 or [inforespite@bouldercounty.org](mailto:inforespite@bouldercounty.org)

### Longmont Kiwanis

This group of committed men and women meet at the Senior Center every Friday morning (9:25 a.m. – 10:25 a.m.) and are always looking for interested members. This is an opportunity for friendship and fellowship, to lend your talents and skills to others, and to deepen your understanding of issues in the community, nation, and world. There are quarterly dues and a one time new member fee. The club's motto is "to serve the children of the world". If you'd like more information please call Marv at 303-774-0734.

### Columbine Lions Club

This group is looking for new members. They are committed to meeting community needs through various service projects including a major initiative to serving the blind and visually impaired as well as programs for helping young people. There is an initiation fee as well as regular dues. They meet the 2nd and 4th Tuesday of each month at 6:30 p.m. at the IHOP at 2040 Ken Pratt Blvd. For more information contact Mel DeSantis at 303 776 7077.





## Senior Law Day

Boulder County's 2015 Senior Law Day will be held at the Plaza Event Center in Longmont on August 22. For more information, please call 303-441-1685. Registration is required; registration will open by June 15 at [www.2015bouldercountyseniorlawday.eventbrite.com](http://www.2015bouldercountyseniorlawday.eventbrite.com).

## FREE Summer Concerts



### Concerts in Roosevelt Park

700 Longs Peak Ave | Tuesdays, 6:30-8pm

**June 9** Idlewhile

**June 23** Coral Creek

**July 14** Katie Glassman & Snapshot

**July 28** Pete Wernick & Flexigrass

### Downtown Concerts 4th and Main St

**June 5, 7-9 pm** **Chris Daniels Band and the Kings**,  
featuring Freddi Gowdy

Horn driven Rock Jazz and swing

6-6:45pm Opening Act by Larry's Guitar Shop

**June 12, 7-9 pm** **The Long Run**

Eagles tribute band

6-6:45pm Opening Act by Gruber Guitar

**June 19, 7-9 pm** **Soul Sacrifice**

A tribute to Santana

6-6:45pm Opening Act by Guitars Etc.

**June 26, 7-9 pm** **Last Men on Earth**

Classic 70's, 80's 90's and beyond

6-6:45pm Opening Act by Miller Music

**July 24, 7:30-9:30 pm**

**Wash Park Funk Band** formerly Moses Jones Band  
pop, rock, blues and motown

5:30-7:15pm Opening Sammy Dee Morton

Louisiana Texas Style Blues

## Festival on Main

**August 28, 6-7:15 pm** **The Patti Fiasco** and

**7:30-9:30 pm** **Something Underground Main**



### Longmont Museum

400 Quail Road | Wednesdays, 6:30-8 pm

**June 24 - Hummin' Birds**

The Hummin' Birds engage wide ranging styles including country, bluegrass and gospel, jazz and swing and even some good old time rock and roll.

**July 1 - Mariachi Vasquez**

Mariachi Vasquez consists of an entire family, father, mother and their five children. Mariachi Vasquez was initially started in 1987, and has grown in popularity not only in Colorado, but in other states and internationally.

**July 8 - Hot Tomatoes**

The band delights listeners with a diverse array of musical styles from music of the Great Jazz Age to those fabulous big band jazz and swing bands like Duke Ellington, Count Basie, Benny Goodman, Harry James, and Glenn Miller, just to name a few. The band is at home with music for dancers and listeners including such diverse styles as R&B and Frank Sinatra.

**July 15 - Modniks**

The Modniks play the hits of the sixties in the style and energy of the era. Come listen and dance to British Invasion, California Sounds, Motown and more!

**July 22 - Delta Sonics**

The Delta Sonics have been playing in Colorado since 1992, and have established themselves as one of the finest blues acts in the area with their solid musicianship and exciting live performances. Their musical stylings include Chicago Blues, West Coast Swing, New Orleans R&B, and early rock 'n roll.



## Community Events

### Community Nights at Sandstone Ranch

Bring your picnic and settle down for an evening of lawn games.



**Tuesdays, 5-8 pm FREE**

**June 16** Concert Night with Flynn & Co – Folk music

**July 21** Nature Night with Hawk Quest – live raptors

**Aug 18** History Night with the Legendary Ladies



### Walk to End Alzheimer's

There will be a Walk to End Alzheimer's in Boulder on August 1; the walk begins at 9:30 a.m. at the University of Colorado. For more information contact Barb Abbey at 303-818-1669.

### Caregiver Trainings by the Area Agency on Aging

The National Caregiver Training Program is a seven-week course; it will be held on **Thursdays, June 18 – July 30, 1:30 – 4:30 p.m., in Boulder.**

Powerful Tools for Caregivers is a six-week course; it will be held on **Wednesdays, June 24 – July 29, 1:30 – 4 p.m., in Longmont.**

Open to Boulder County residents caring for a relative, partner, or friend who is age 60 or over (or of any age if the person has dementia). No registration fee; donations welcome. Respite care assistance offered. For more information or to register, call 303-678-6116 or email [InfoCaregiver@bouldercounty.org](mailto:InfoCaregiver@bouldercounty.org).

### Longmont Library:



### "Dewey"- It-Yourself

Stay curious this year with Longmont Public Library's 2nd annual adult summer learning program! This summer is all about DIY: "Dewey"- It-Yourself. The library is a great place to learn new skills, empower yourself and grow. Attend DIY workshops in June, July and August and win prizes just for showing up! On Saturday, August 15, we will hold a "Dewey"-It-Yourself Fair with indoor and outdoor demonstrations and refreshments. You could learn 20 new things in 2 hours! This free program is open to the public and funded by the Friends of Longmont Public Library. Programs will be held at the Longmont Public Library, 409 4th Avenue in Longmont. For more information, please visit us online at [www.longmontcolorado.gov/library](http://www.longmontcolorado.gov/library) and on Facebook & Twitter. Or call us at 303-651-8472. See you there!

### Summer Children's Reading Program

**Calling all grandparents!** Bring your grandchildren to the library and be part of Longmont Public Library's Summer Children's Reading Program. It will be a HEROIC summer of reading, art, music and more –all free and all summer long! Call 303-651-8477 for more information, or stop by our Children's and Teen Services Desk.

### Calling all writers, 18 years and older!

The Longmont Public Library Writers Group meets on Tuesdays at 6:00 p.m. in the Unquiet Study Area upstairs. This is open to the public. For more information, please call 303-651-8472.

## Resource Information, Programs and Services



Seniors Resource Specialist

**VERONICA GARCIA**

303-651-8716

veronica.garcia@longmontcolorado.gov

*Vea nuestra sección de Español en las páginas R8*



**AMY LOBERG** - Seniors Resource Specialist

303-774-4372,

amy.loberg@longmontcolorado.gov



Seniors Counselor and

Resource Education Coordinator

**BRANDY QUEEN, LPC**

**303-651-8414**

brandy.queen@longmontcolorado.gov

Veronica and Amy are available to assist older adults and family members in locating and accessing resources and services. Housing, health care, form completion, and access to many other supports are offered. Contact Veronica or Amy for information and assistance.

Brandy Queen is available for one-on-one and couples counseling, and also facilitates and coordinates several support groups, supervises the Senior to Senior Peer Counseling program, and meets with family members for caregiver consultations.

*A great source for information and resources. Visit the accurate and comprehensive website at:*

**www.bouldercountyhelp.org**

**Call: 303-441-1617**, press 1 for Spanish speakers

TTY: 303-441-3986

Email: infoadrc@bouldercounty.org



### Long Term Care Ombudsman

Help and information for residents of nursing homes and personal care facilities and their families to address concerns, compare facilities, and resolve problems. Call 303-441-1173 for details.

### Lunch Bunch

Social activity for persons with early to moderate stage memory loss. See page 25.

### Respite & Companion Volunteer Program

Trained and screened volunteers are matched with older adults who live alone or with a family caregiver. Volunteers provide respite, a friendly visit, and a caring connection. Call Veronica or Amy at 303-651-8716 to find out more about getting a volunteer. If you are interested in becoming a volunteer contact the coordinator at 303-441-1543.

### Caregiving Support Groups

There are two groups which offer resources, information, and support from one caregiver to another in a facilitated group setting. Call Brandy at 303-651-8414 for information about either one.

**1st Monday, 6:00 - 7:30 p.m.**

Light supper provided.

**2nd Tuesday, noon - 1:30 p.m.**

(Focus on Alzheimer's/dementia)

Light lunch provided

### Respite Assistance for Caregivers

Call 303-651-8716 for details and qualification information to access financial assistance to pay for respite care.

### EMPLOYMENT

The Longmont Workforce Boulder County office is located at 1500 Kansas Ave. Assistance is provided from 8:30 a.m. to 3:00 p.m., Monday through Friday. Ask to speak to an Employment Specialist. After you have registered, you can access other services. Call 303-651-1510.

# Resource Information, Programs and Services

## **COUNSELING**

**Individual and Family Counseling** - Up to eight, free, confidential, brief therapy sessions are available for older adults 55+ seeking emotional support regarding such things as life transitions, relationships, grief, caregiving, etc. Family members or friends caring for an older adult may also utilize this service as goals relate to the caregiving experience. Call Brandy at 303-651-8414 for an appointment.

**Senior to Senior Counselors** - Senior Services has experienced, trained peer counseling volunteers who can provide support and understanding from one senior to another. If you or someone you know could benefit from having a confidential support person to help sort things out, contact Brandy at 303-651-8414.

## **HOSPICE CARE**

Considered to be the model for quality, compassionate care for people facing a life-limiting illness or injury. Hospice and palliative care involve a team-oriented approach to expert medical care, pain management, and emotional and spiritual support expressly tailored to the person's needs and wishes. Support is provided to the person's loved ones as well. The focus of hospice relies on the belief that each of us has the right to die pain-free and with dignity and that our loved ones will receive the necessary support to allow us to do so.

Hospice care is covered under Medicare, Medicaid, most private insurance plans, HMOs, and other managed care organizations.

TRU CommunityCare (formerly Hospice of Boulder & Broomfield Counties) is the only non-profit agency providing hospice services in our county.

Information regarding all hospice providers, including those who service the Longmont area, may be found at [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org). Click on Adult Home Health Care Services.

**TRU CommunityCare:** 303-449-7740

**Family Hospice:** 303-440-0205

**Front Range Hospice:** 303-957-3101

**Heartland Homecare and Hospice:** 303-926-1001

**Agape Hospice:** 720-252-3788

**Accent Care of Colorado:** 1-800-368-7137

**Halcyon Hospice and Transitional Care:** 970-535-0870

**Gentiva Hospice** 970-667-0057

## **FOOD**

### **Carry-Out Caravan**

**A free grocery shopping & delivery service.**

To enroll or find out more, call 303-443-1933 or visit [www.careconnectbc.org](http://www.careconnectbc.org)

### **Eldershare**

Adults 60+ can receive supplemental food items twice a month at the Longmont YMCA. Maximum income of \$1,211 per month for a family of one, \$1,640 for two. Call 303-652-1307 for an application and information.

### **Home-delivered Meals**

Meals on Wheels delivers meals to the homebound Monday-Friday.

Call 303-772-0540 one day in advance and for information on fees and menus.



### **Lunch at the Senior Center**

Meals are served Monday-Friday, 11:30 a.m. - noon.

Call 303-772-0540 for menus and fees.

Reservations are not required.

## **Medicare Basics**

This class is held monthly for those who are just beginning Medicare. Call the Senior Center at 303-651-8411 or contact the front desk to sign up. Summer dates are listed on page 24.

## **Emergency Mental Health Services**

If you are experiencing a mental health emergency, please call Mental Health Partner's Emergency Psychiatric Services at 303-447-1665 or Colorado Crisis Services' Crisis Line at 844-493-8255.



# Resource Information, Programs and Services

## FINANCIAL

### Medicare Counselor

Providing objective information and assistance regarding Medicare benefits, HMOs, supplemental policies, rights and appeals. For assistance or to schedule an appointment, call 303-441-1546.

**Prescription Help** Rx Assist is free and co-sponsored by Centura Health. Find the most reasonably priced solutions. Call 1-866-550-2752.

### Frauds and Scams

1. Boulder County District Attorney's Community Protection Division at 303-441-3700.
2. To report financial exploitation locally, call Adult Protection at 303-441-1000.
3. Denver District Attorney's Fraud Assistance Line at 720-874-8547.
4. Report financial exploitation online at [www.aarpelderwatch.org](http://www.aarpelderwatch.org) or by calling 1-800-222-4444 or the Longmont Police 303-651-8555.
5. Visit Longmont Public Safety online at <http://longmontcolorado.gov/departments/departments-n-z/public-safety-department/public-safety-services/scams>

### Reverse Mortgage Information

Call Boulder County Housing Authority at 720-564-2279.

### Home Foreclosure Prevention

Call Boulder County Housing Authority at 720-564-2279 or Colorado Foreclosure Prevention Hotline at 1-877-601-4673.

**Tax Help** - Call Colorado Taxpayer Advocate Service at 303-446-1012.

### Medicare/Social Security

Medicare - [www.medicare.gov](http://www.medicare.gov) or 1-800-633-4227.  
Social Security - <http://ssa.gov/> or 1-800-772-1213.  
Boulder office hours: 9:00 a.m. - 3:30 p.m. M - F.  
4949 Pearl East Circle, Suite 101.

### Money Management Program

Our Money Management Program (MMP) volunteers help you sort through your mail, organize your bills, develop a budget, write your checks, manage your monthly expenses, and work on your debts. Call Veronica to get assistance, 303-651-8716.

## HOUSING

For information and referral regarding senior, affordable, and other housing programs, call Veronica at 303-651-8716.



### A Boulder County Senior Housing Guide

is available at the Senior Center front desk or online at [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org); click on Publications.

### Housing Rehabilitation Programs

The City offers these three programs for home improvement and access. Call Tracy DeFrancesco at 303-774-4445. Some programs require owner occupancy.

- **The General Rehab Program & Weatherization** makes repairs to bring your home up to code, correct health and safety issues or make your home more energy efficient.
- **The Accessibility Program** - gives you or a family member full access to your home by installing ramps, widening doorways, lowering cabinets, etc.
- **The Emergency Grant Program** - helps with emergency repair to major systems that unexpectedly fail, including furnaces or water heaters.

### Longmont Parkinson's Support Group - Evening Discussion Series

**Dates:** Mondays, June 15, July 13, and August 17  
**Time:** 6:00 - 7:00 p.m.

Join members of the Longmont Parkinson's Group for an evening session. Members will discuss recent events related to Parkinson's disease as well as research and review materials on the Internet. This group also features an online component via Google Hangouts for anyone who wants to participate in the evening session but is unable to travel to the Longmont Senior Center. For more information or to get an invitation to Google hangouts, contact Tom Hubner at 303-678-7089 or [thub321@yahoo.com](mailto:thub321@yahoo.com).

## *Resource Information, Programs and Services*

### **IN-HOME SERVICES**

**Audio Information Network of Colorado** - This volunteer-based service provides access to ink-based materials through broadcast and audio information for Colorado's blind, visually impaired, and print-handicapped individuals. Call 303-786-7777 for more information.

**Book Delivery Service** - Longmont Library has a service of delivering books to homebound persons. If you or someone you know is interested in receiving books or being a volunteer to deliver books, please call Debbie Puzo at 303-651-8795.

**Fix-It Folks** - Volunteer Fix-it Folks are available to come to your home to make minor repairs and install grab bars. You purchase the necessary supplies. Call CareConnect at 303-443-1933 ext. 414.

**Staying Home** - a guide to resources to support staying in your home, apartment, or with others. This guide will replace the Home Health Care Guide with information on a wide variety of resources, including home care, transportation, nutrition, and others—all to assist a person in remaining in their home. [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org), click on Publications or ask at the Senior Center front desk.

**Home & Community Based Services** - For individuals needing assistance to remain in their homes or assisted living and who are nursing home eligible. Call Adult Care Management at 303-439-7011.

### **SAFETY**

**Personal Locator System - Colorado Life Trak** is a personal locator system operated by the Boulder County Sheriff's office and local law enforcement. Individuals with a propensity to wander and unable to communicate personal information wear a wristband that can be tracked electronically when the need arises. Applications available at the Senior Center front desk or download from <http://www.bouldercounty.org/sheriff/lifetrak.htm>. Call 303-441-3673 for more information.

**Longmont Fire Department Smoke Detector Program** - Crews can provide smoke detectors for low income seniors. They will also install and change batteries in smoke detectors for anyone unable to do so. Call Karon at 303-651-8437 for more information.

**Frauds and Scams** - See page R3 for more information. Visit Longmont Public Safety online at <http://longmontcolorado.gov/departments/departments-n-z/public-safety-department/public-safety-services/scams> for more local information.

**Report Elder Abuse** -The County's Adult Protection Unit responds to reports of physical, emotional, financial, sexual abuse, neglect, & self-neglect. Call 303-441-1000.

**Longmont Police** - The Longmont Police provide information on identity theft on the Public Safety pages at <http://www.LongmontColorado.gov> then click on the Public Safety Services, then Prevention, then Scams.

### **Pay your Boulder County Property Tax at the Longmont Senior Center**

Boulder County Treasurer representatives will be here on June 10, 11, 12, and 15 from 10 a.m. to 3 p.m. each of these days.

# Resource Information, Programs and Services

## LEGAL

### Legal Aid -Boulder County

Legal Services is available to assist those Boulder County residents 60+ with legal issues.

For appointments, call 303-449-7575

or visit their website [www.ColoradoLegalServices.org](http://www.ColoradoLegalServices.org)



### AARP Legal Services Network (LSN)

Members are entitled to a free 30-minute legal consultation with an attorney who meets AARP LSN standards. Additional services are provided at reduced rates. Call 1-888-687-2277 or online at [www.aarp.org/LSN](http://www.aarp.org/LSN) for more information.

**Victim Advocate** - This individual works with the Police Department to serve the needs of people who have been victims of a crime in Longmont. Call 303-651-8855 for more information.

**Advance Planning** - Contact Peggy Arnold, M.A., AgeWell Coordinator, at 303-651-5080 to discuss advance medical directives, such as the living will, medical power of attorney, Five Wishes documents, and ethical wills or legacy stories.

**Rocky Mountain Legal Center** - a non-profit organization providing free civil legal representation, mediation, and counseling services to qualifying low-income families, singles, parents, and seniors. Sliding scale fees available - 720-839-0716.



## SUPPORT GROUPS

*(the following groups meet at the Senior Center or if elsewhere it is noted)*

### Adjusting to Life's Changes

Thursdays, July 9 – August 27, 4-6pm.

A support group for loss and change.

Contact: Brandy, 303-651-8414

### Alcoholics Anonymous (open meetings)

Tuesdays, 7:30 - 8:30 p.m. Triple S Group

### Caregivers

1st Monday, 6:00 - 7:30 p.m. or

2nd Tuesday, noon - 1:30 p.m. (Focus on dementia)

Resource information and support for family caregivers. Contact: Brandy, 303-651-8414

### Chronic Pain Support Group

1st Tuesday, Longmont Senior Center

3rd Saturday, Longmont United Hospital

Time: 1:00 – 3:00 p.m.

For further information see page 28.

### Grandparents

#### Raising Grandkids

1st Monday, 6:00 - 7:30 p.m.

Call Rebecca Trego at 303-441-1106

### Low Vision

2nd Friday, 10:30 - 11:30 a.m.

Contact: Lisa Nelson, 720-308-3087

### Multiple Sclerosis Group

2nd Monday Self Help Group: 6:00 – 7:30 p.m.

Call 970-482-5016

### Parkinson's

*Meets at Longs Peak United Methodist Church*

*1421 Elmhurst St., Longmont*

2nd Wednesday, 10:00 - 11:30 a.m.

Contact: Tom Hubner 303-678-7089 or Parkinson's Association at 303-830-1839

### Rainbow Elders of Boulder County

A social and support

group for 55+ lesbian,

gay, bisexual and transgender people. Call the

LGBT Program Specialist at Boulder County Area

Agency on Aging 303-441-3583, or [infoLGBTelders@bouldercounty.org](mailto:infoLGBTelders@bouldercounty.org)

-Confidentiality maintained.



### Widowers

2nd & 4th Tuesday, 7:00 - 8:30 p.m.

Contact: Dick Gormley at 303-776-8203

**Attention Grandparents** Are you searching for activities or a licensed preschool for your grandchild? The City of Longmont Recreation Services has something for all ages and times. Check us out at the St. Vrain Memorial Building or call at 303-651-8404. Youth Scholarship opportunities available.

**For information about other support groups, call Brandy at 303-651-8414**



## Resource Information, Programs and Services

**Learn how to access local and regional transportation services and mobility options through a free telephone consultation with a mobility specialist from Via. Call 303-447-2848, press 1.**

### TRANSPORTATION

Via provides low-cost, door-through-door, wheelchair accessible transportation in Longmont and surrounding communities. Ride requests can be made from 1 to 7 days in advance. Same day rides may be possible if space is available. Requests can also be made by email at [info@viacolorado.org](mailto:info@viacolorado.org)



**To Schedule a ride: New riders call 303-447-2848, press 1. Existing riders call 303-447-9636.**

#### Service within Longmont:

Fares: \$2.00 one-way/\$4.00 round trip  
Monday-Friday: 7:30 a.m. to 5:00 p.m. and  
Sunday: 8:00 a.m. to 12:30 p.m.

#### Service between Longmont & Boulder:

Fares: \$4.00 one-way/\$8.00 round trip  
Monday-Friday: call for trip times

#### Service between Longmont & Louisville/Lafayette:

Fares: \$4.00 one-way/\$8.00 round trip. Tuesdays: call for trip times

No-fare (free) or reduced-fare options are available for those who find these fares a hardship. Please call to discuss your individual travel needs.

### OTHER SERVICES

#### Travel Training:

1-on-1, comprehensive instruction prepares seniors to safely and confidently use RTD and Call-n-Ride buses. Call 303-447-2848, ext. 1048 to learn more.

#### Mobility Options:

Numerous other transportation options are available within Boulder County. Via's mobility specialists can provide information and referrals based on your needs, develop individual travel plans, and inform you or your family member of appropriate services offered by Via, as well as services available from other community resources. Call 303-447-2848, press 1.

### Mileage Reimbursement Program

Via's Family and Friends Mileage Reimbursement Program makes it easier to ask for rides from family, friends, and neighbors by offering reimbursement based on miles driven. Qualifying rides include those trips within Via's service area which Via is unable to provide due to scheduling constraints or trips that occur outside regular service hours/days. Includes trips to the Denver metro area for medical reasons (Medicaid eligible trips are not reimbursable). Trips must be preauthorized by calling 303-447-9636. Learn more at [www.viacolorado.org](http://www.viacolorado.org)

### Call-N-Ride (Longmont)

For scheduling information, contact the phone number for the zone in which your trip starts. For service in Zone A (west side of Longmont), call 303-994-3551. For service in Zone B (east side of Longmont), call 303-994-3552. Reservations for rides can be made up to a week in advance. Rides are scheduled on a first come-first served basis. For more information about Call-N-Ride, or RTD bus routes, call 303-299-6000.

### Medical Mobility- Boulder County CareConnect

Escorted transportation services for ambulatory older adults and people with disabilities to health care related appointments within Boulder County, this includes to pharmacies for prescription pick up. This is a donation only service and no payment is ever required however, suggested donations are \$5 round trip in the same city and \$10 round trip between 2 cities. Rides are not guaranteed, as service depends on the availability of volunteers. Due to a high volume of requests, you **MUST** call 7 days in advance. Call CareConnect at 303-443-1933, ext. 414.

### Berthoud Area Transportation

For transportation in Berthoud and to connect with the new volunteer service, call 970-532-3042.

### RTD Special Discount Card

To obtain reduced bus fares, disabled individuals may obtain an RTD Special Discount Card at the Senior Center on the 2nd Monday of each month between 3:00 - 4:00 p.m. Please bring proof of your disability, \$2.00 and a photo ID. For additional information, call 303-299-2667.

# Resource Information, Programs and Services

## Telephone Referral Sheet

AARP (Colorado Office)	1-866-554-5376	Medicare Counselor	303-441-1546
AARP Legal Services	1-888-687-2277	Mental Health Partners	303-413-6263
ACMI - Nursing Home Diversion (HCBS)	303-439-7011	Mental Health Crisis Line 24/7	303-447-1665
Adult Day Care - Homestead	303-772-9152	Nursing Home Monitoring	303-441-1173
Adult Protection (Report Elder Abuse)	303-441-1309	OUR Center	303-772-5529
AgeWell (Located at the Senior Center)	303-651-5080	Parkinson's Association of the Rockies	303-830-1839
Alzheimer's Assoc. 24-Hr Helpline	1-800-864-4404	Peer Counseling - Longmont	303-651-8414
ARCH Information & Referral	303-441-1617	Poison - Rocky Mt. Poison Control	1-800-332-3073
Arthritis Foundation	303-756-8622	Police, Longmont non-emergency	303-651-8501
Audio Information Network	303-786-7777	Reverse Mortgages - Boulder County	303-441-1544
Better Business Bureau	303-327-4500	Rocky Mountain Legal Center	720-839-0716
Boulder County CareConnect	303-443-1933	Safe Shelter (was Longmont Coalition)	303-772-0432
Center For People With Disabilities	303-772-3250	Salud Clinic	303-776-3250
Colorado Division of Insurance	303-894-7499	Senior Centers in the area	
Colorado Life Trak	303-441-3646	Berthoud	970-532-2730
Colorado No-Call Program	1-800-309-7041	Boulder (East)	303-441-4150
Colorado Talking Books Library	303-727-9277	Boulder (West)	303-441-3148
Community Protection (Boulder County)	303-441-3700	Lafayette	303-665-9052
Dental Aid-Longmont	303-682-2619	Longmont	303-651-8411
El Comité	303-651-6125	Louisville	303-666-7400
Elder Care National Locator	1-800-677-1116	Loveland	970-962-2783
Elder Watch Fraud Hotline	1-800-222-4444	Niwot Area Senior Resources	303-652-3850
Employment, Workforce Boulder County	303-651-1510	Senior Opportunity Source	303-527-0627
Foot Care Clinic	303-651-5224	Senior Reach	1-866-217-5808
Food Programs		Social Security	1-800-772-1213
- Carry Out Caravan	303-443-1933 x416	Social Services (BOCO HHS)	303-678-6000
- Eldershare	303-652-1307	Stroke - Rocky Mt. Association	303-730-8800
- Meals on Wheels	303-772-0540	Suicide Prevention - Metro Crisis Line	1-888-885-1222
- Share Colorado	1-800-933-7427	Transportation	
Fraud - Attorney General Hotline	1-800-222-4444	Access-A-Ride	303-292-6560
Grandparents Raising Grandchildren	303-651-8414	RTD	303-299-6000
Health Center of Integrated Therapies	303-651-5188	RTD Call-n-Ride (East)	303-994-3552
Health Department, Longmont	303-678-6166	RTD Call-n-Ride (West)	303-994-3551
Housing: Longmont Housing Authority	303-651-8581	Via	303-447-9636
Legal Services of Boulder County	303-449-7575	TRU CommunityCare	303-449-7740
Legal Services AARP	1-888-687-2277	24-Hour Mental Health Crisis Line	303-447-1665
Lifeline	303-441-2200	Veterans Helping Veterans Now	303-772-9777
Loan Closet Medical Equipment		Veteran Services - Longmont	303-776-8502
American Legion	303-776-2034	Victim Advocate - Police	303-651-8855
Elks	303-776-1055	Weatherization	720-864-6401
Moose	303-776-4911		
VFW	303-776-8590		
Longmont Ending Violence (LEVI)	303-774-4534		
Longmont United Hospital	303-651-5111		
Long Term Care Ombudsman	303-441-1173		
Low Income Energy Program (LEAP)	303-678-6023		
Low Vision Group - Longmont	720-308-3087		
Medicaid (BCDHH)	303-678-6000		
Medicare	1-800-623-4227		



**www.bouldercountyhelp.org**  
**303-441-1617**

## Resource Information, Programs and Services

Para más información sobre recursos para Personas de la Tercer edad en la Internet  
vea la página de red [www.BoulderCountyAyuda.org](http://www.BoulderCountyAyuda.org)

### Películas en Español

El Grupo de Conversación en Español presentará tres películas el primer viernes de cada mes. Las películas empiezan a la 1:30 p.m. Son gratis por favor regístrese.

**Tiempo:** 1:30 – 3:00 p.m.

**Costo:** GRATIS, pero por favor regístrese con Ana 303-651-8411

### Diarios de Motocicleta

# De Actividad: 384412.03

**Fecha:** martes, 9 de junio

Comenzando en el año 1951, un estudiante Argentino de medicina y futuro revolucionario, Che Guevara, viaja a través de Sur América en su motocicleta con su amigo Alberto. Esta profunda odisea personal cristaliza, a la larga las creencias políticas en el joven. (2004, 128 minutos)

### Viridiana

# De Actividad: #384412.04

**Fecha:** viernes, 17 de julio

Antes de tomar sus votos perpetuos, la joven monja Viridiana (Silvia Pinal) visita a su tío, Don Jaime (Fernando Rey), que le ha apoyado durante años. Pero Jaime, obsesionado con su sobrina, debido a su parecido con su difunta esposa, se dispone a corromperla. (1961, 90 minutos)

### La Gran Final

# De Actividad: #384412.05

**Fecha:** miércoles, 5 de agosto

Esta comedia poco singular sigue los viajes individuales de unos grupos en regiones remotas. Ellos son aficionados del fútbol y están empeñados en ver la final de la Copa Mundial de 2002. Hacen una caminata de 500 kilómetros para encontrar una ciudad con un televisor que funcione. (2006, 88 minutos)

### Consejera de Medicare

Proporciona información objetiva y asistencia con respecto a los beneficios de Medicare, seguros de salud, las políticas complementarias, sus derechos y más. Si necesita ayuda o para una cita llame al 303-678-6113. Si le gustaría hablar directamente con Guio Bravo (consejera de Medicare) puede venir al Centro (Senior Center) cada lunes entre la 1:00 p.m. y 2 p.m., una cita no es necesaria.

### Conozca las 10 Señales De Advertencia: La Detección Temprana es Importante

**Fecha:** lunes, 3 de agosto

**Tiempo:** 9:00 a.m. – 11:00 a.m.

# De Actividad: 384421.00

**Costo:** GRATIS, pero por favor regístrese con Ana a 303-651-8411

Las señales de la enfermedad de Alzheimer frecuentemente se creen ser una parte normal del envejecimiento lo que no es cierto. Si usted o alguien conocido parecen estar perdiendo la memoria o tiene cambios de comportamiento, es hora de aprender acerca de los síntomas. La detección temprana le da a usted una oportunidad de empezar un tratamiento, participar en un estudio clínico y planear para el futuro. Participe en esta clase para que aprenda cuales son las 10 Señales de Advertencia de la enfermedad de Alzheimer. Aquí nosotros separamos los mitos de la realidad y discutimos los temores que la gente en América tiene acerca del Alzheimer. Escuche a personas que tienen la enfermedad hablar acerca de su experiencia y aprenda como reconocer las señales de advertencia en usted y otros.



# About The Senior Center



## Other Sources of Information

### Via the internet

at [www.LongmontColorado.gov/senior-services](http://www.LongmontColorado.gov/senior-services)

**KGUD 90.7** – listener-supported community radio, playing music with you in mind. The AARP show, called “Prime Time,” is heard every Saturday at 7:00 a.m. “Senior Moments” hosts an interview with a Senior Services staff person on Saturdays at 8:00 a.m., giving information on upcoming events and activities at the Longmont Senior Center. Listen to “K-Good” throughout the week for updates and service announcements from the Senior Center.

**Daily Times-Call Regular Columns** - thanks to the Times-Call for generously supporting this regular news information piece: **55 & Better** column every other Saturday .

### 50+ Marketplace News

available at the Senior Center monthly.

**Longmont e-ALERT** **Longmont eAlerts** – This is an e-mail alert system from the City of Longmont for community members to receive brief notices on various topics: Longmont government news, Adults 55+, City Council News, Environment, Golf, Jobs, and Community Programs and Events. You can receive information via e-mail, phone, cell, or fax. Visit [www.longmontcolorado.gov/online-services/e-notification-subscription](http://www.longmontcolorado.gov/online-services/e-notification-subscription) to sign up.

**Longmont Channel 8** - (Government Access Channel) or Comcast Cable Channel 16.

### Information and More ...

Off of the lobby, there is a small room that contains current magazines, information on Senior Center programs, and a place to hang your coat. Near the dining room there are a number of free publications available for pickup in the magazine rack.

### Room Temperatures

The room temperatures can vary in the building. You might consider bringing a sweater if you are going to be here for a while.

### Handicap Parking

Please remember to always display your handicap placard when parking in one of these spaces.

## GO Subscription Form - 2015

If you would like the convenience of having the next issue of **The GO** catalog mailed to you, please complete this form and return it to the Senior Center. Please enclose a check made payable to the City of Longmont in the amount of \$2.00 for residents, \$3.00 for non-residents.

Name (Please Print) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_



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Longmont Senior Center  
910 Longs Peak Avenue  
Longmont, CO 80501

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## Seeking Volunteers for Rhythm on the River

**Friday, July 10, 5:00 – 8:00 pm**

**Saturday, July 11, 7:00 am – 8:00 pm**

We'd love to have you as part of the team! Join us in this opportunity to mix a fun celebration with volunteer opportunities! Greet event guests, help with the River Run, fill and hand out water bottles, assist with arts & crafts, help maintain a pleasant site, and more! If you are interested, please call Kari at 303-651-8495 or fill out an application online at [www.longmontcolorado.gov/](http://www.longmontcolorado.gov/)

## MONTHLY SCAM ALERT



**Watch this image on our Lobby Monitor for the latest information on current frauds and scams.**



Protect yourself, your family, and your friends. See the Front Desk for more information.